

Preparation for Colonoscopy

MORNING PROCEDURE

(Split-dose Picosalax and ColonLYTELY)

It is essential for the large bowel to be completely clean for the examination to be accurate and complete. If the bowel is not clear, the procedure may need to be repeated. The bowel prep requires the purchase of 2 separate bowel agents which all work in different ways and give you the best chance of good bowel cleaning with the minimum of difficulty.

1. PICOSALAX (2 sachets) – contained in one box. **(make sure it is PICOSALAX as the similar sounding alternatives are not as pleasant tasting)**
2. ColonLYTELY (2 sachets) - This can be prepared a few hours earlier by dissolving 1 sachet of powder in 1 litre jug of water and chilled in fridge to improve taste.

1 day before procedure

BREAKFAST – you can choose from these types of options –

- Cornflakes with skim or reduced fat milk; Poached egg;
White bread or toast without crust; cracker with jam, honey or Vegemite;
- Tea or Coffee with skim or reduced fat milk

FAST FROM ALL SOLID FOOD AFTER 10 AM

From 10 AM on, you can have clear fluids only - see the following types of non-solid foods

- Black tea or coffee
- Clear fruit juice or cordials (e.g. apple juice)
- Clear soup (i.e. without solid particles in it)
- Energy or sports drinks - avoid the brightly coloured ones
- Jelly (except red)
- Carbonated drinks such as coke or lemonade
- Hard boiled lollies e.g. barley sugars.

- 3.00 PM Take the first sachet of PICOSALAX plus 4 large glasses of clear fluid over the next TWO hours (this can include water, carbonated drinks like lemonade, lemon, ginger ale etc or sports drinks like Gatorade (not red or purple), clear soups, black tea or coffee.)
- 6.00 PM Take the second sachet of PICOSALAX plus 4 large glasses of clear fluid over the next TWO hours.
- 9.00 PM Drink the ONE litre of ColonLYTELY solution over an hour

DAY OF PROCEDURE

4.00 – 5.00 AM Drink the ONE litre of ColonLYTELY solution over an hour.

It is essential that you must complete your bowel prep by the time stated and start fasting from all liquids as soon as you have completed the last litre of the preparation. You can take your usual tablets with water before the fasting starts.