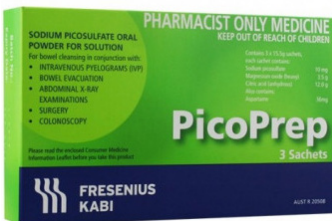




# Bowel Preparation for Colonoscopy Procedures

## PREPARATION



You will need a three (3) sachet pack of PicoPrep. This can be purchased at any pharmacy over the counter, a script is not required.

## DAY PRIOR TO YOUR PROCEDURE

Clear fluids only (no solid food is allowed). Clear liquid means you should be able to see your fingers through the glass. These should be a variety of sweet and savoury drinks e.g.:

- Clear soups – bonox, broths, consume, stock in hot water
- Black coffee and/or tea, no milk products
- Jellies, cordials, soft-drinks and fruit juices (lemon or lime)
- Nothing red, blue or purple in colour
- Clear Gatorade
- No pulp in juice
- Drink plenty of water

## INSTRUCTIONS FOR PicoPrep

PicoPrep produces a watery stool and cleanses the bowel prior to the examination. It is important to clean the bowel out properly or it will inhibit the results of your procedure.

Lanolin or similar cream applied to the anal area before beginning your bowel preparation may help to avoid soreness.

Take the three (3) sachets of PicoPrep at the following times:

1. **First sachet** - 3:00pm on day prior to your procedure
2. **Second sachet** - 6:00pm on day prior to your procedure
3. **Third sachet** - 4 to 5 hours prior to admission time (on the day of the procedure)

At each interval dissolve one sachet of PicoPrep in approximately 250ml (about one glass) of warm water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly over 5 to 10 minutes.

Drink another three to four glasses of water or clear fluid of your choice slowly over the next little while.

## ON THE DAY OF YOUR PROCEDURE

On the day of your procedure, the hospital will advise when you should be nil by mouth (no food or drink of any kind **UNLESS** it is your final sachet and water for your PicoPrep), keep having "Clear liquids" only until this time. Fasting or "nil by mouth" means nothing to eat, drink, suck or chew. The hospital will also provide you with your arrival time.

On the day, you should arrive at the admissions area of the hospital at the time advised to allow time to complete your admission.

If you are taking iron tablets, please omit them one week prior to your procedure.

Aspirin, Warfarin, Iscover, Plavix, Pradaxa or other anticoagulant medications should be taken as usual unless otherwise instructed by your specialist. If you are on any of these medications please advise the Gastroenterologist in advance of the procedure.

Other medications should be taken as usual with a sip of water in the early morning on the day of your procedure.

# The White Diet

The **White Diet** is a simple low residue diet which allows food to be eaten prior to colonoscopy without compromising the quality of the bowel preparation under normal circumstances.

WHITE DIET FOODS AND FLUIDS* PERMITTED	WHITE FOODS TO BE EXCLUDED
<ul style="list-style-type: none"><li>✔ Milk, plain yoghurt, margarine, butter, vanilla ice cream, white chocolate</li><li>✔ Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream</li><li>✔ Egg whites, mayonnaise, cream, white sauce</li><li>✔ White rice or pasta, potatoes (peeled)</li><li>✔ Rice Bubbles, regular white bread/toast (not high fibre bread), plain rice crackers</li><li>✔ Chicken breast (no skin), grilled white fish fillet</li><li>✔ Water, clear salty fluids (e.g. clear broth)</li><li>✔ Clear fruit juices (e.g. apple and pear, no pulp), plain jelly</li><li>✔ Black tea or coffee (no milk)</li><li>✔ Sports drinks (Gatorade, PowerAde, and Hydralyte etc.)</li><li>✔ Carbonated beverages, barley sugar, clear fruit cordials</li><li>✔ Moderate alcohol is allowed.</li></ul> <p><b>Remember to drink at LEAST a glass of approved clear fluids* every hour.</b></p>	<p>Other white foods including;</p> <ul style="list-style-type: none"><li>✘ Pears, parsnip, cauliflower, onion</li><li>✘ High fibre white breads (e.g. Wonder White)</li><li>✘ Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn.</li></ul> <p><b>WHITE DIET SAMPLE MENU PLAN:</b></p> <p><b>Breakfast</b></p> <p>Rice Bubbles with milk (white sugar if required)</p> <p>OR Regular white toast and scrambled egg – white only</p> <p><b>Morning Tea - optional if needed</b></p> <p>Plain rice crackers with fetta cheese</p> <p><b>Lunch</b></p> <p>Sliced chicken breast, butter, regular white bread sandwich</p> <p><b>Afternoon Tea - optional if needed</b></p> <p>Plain vanilla yoghurt or vanilla milkshake</p> <p><b>Early Dinner</b></p> <p>Plain grilled white fish, white sauce</p> <p>Boiled white rice or pasta or peeled potato</p> <p>Vanilla ice cream or White chocolate Freddo or Lemonade icy-pole</p>