

## BOWEL PREPARATION INSTRUCTIONS



**Purchase Picosalax**  
**You will need a total of 3 sachets**

### 4 DAYS PRIOR TO YOUR PROCEDURE (only for patients with constipation)

- Take Ducolax tablets 2 tablets every night for 4 nights
- You can purchase this from the chemist without a script

### 3 DAYS PRIOR TO YOUR COLONOSCOPY

Start low residue diet (examples over the page)

### 1 DAY PRIOR to YOUR COLONOSCOPY

- No solid food from the moment you wake up
- Consume clear fluids only all day
- The more you drink during the day the better the bowel prep will be
- Have a mixture of salty and sugary liquids (examples over the page)
- You will be up through the night on the toilet
- Drink lots of clear liquids after each dose of Pico-Salax®
- Include Hydralyte or sports drink to help prevent dehydration (not red or purple)

Day before Colonoscopy	
<b>5pm:</b>	<b>Drink 1<sup>st</sup> sachet Pico-Salax®</b> Then drink at least 5 glasses (250ml each glass) of clear liquids spread over 2 hours
<b>7pm:</b>	<b>Drink 2<sup>nd</sup> sachet Pico-Salax®</b> Then drink at least 3 glasses (250ml each glass) of clear fluids over several hours
Day of Colonoscopy	
<b>AM Procedures only</b>	
4am - Drink 3rd Sachet Pico-Salax then drink one glass of clear fluids (250mls) Nil by mouth (no food or water for three hours before procedure time).	
<b>PM Procedures only</b>	
6am - Drink 3rd Sachet Pico-Salax then drink one glass of clear fluids (250mls) Nil by mouth (no food or water for three hours after 9am).	

**LOW RESIDUE DIET (for 3 days prior to your colonoscopy)****ALLOWED**

White bread, white rice, English muffins, cornflakes, rice bubbles  
Beef, pork, chicken, lamb, fish, eggs, sausages, bacon  
Milk, plain yoghurt, custard, cheese, cream, ice cream (no nuts)  
Peeled apple, peeled pear, canned peaches, strained fruit juice  
Peeled potato, pumpkin, peeled sweet potato, strained vegetable juice  
Butter, cheese spread, vegemite

**NOT ALLOWED**

Multigrain or wholemeal breads/rice/pasta  
polenta, cereal, muesli, oats  
Vegetables  
Fruits with skins, seeds, vegetable skins  
Dried fruits, raisins, sultanas  
Any seeds (sunflower, poppy, sesame, linseed)  
Fruit youghurts  
Jams, marmalades, peanut butter, mustard

**Meal Suggestions**

Meat with mashed potatoes  
French toast  
Eggs and toast  
Ham and cheese sandwich  
Noodles  
Pasta

**CLEAR LIQUIDS (the day prior to your colonoscopy)****ALLOWED**

Water  
Black tea and black coffee  
Cordial (orange or lemon)  
Apple juice (pulp free/clear)  
Clear chicken or vegetable broth (strained)  
Yellow or orange jelly  
Bonox  
Ice blocks  
Coconut water  
Gatorade/powerade, Hydralyte  
Stock cubes in warm water

**NOT ALLOWED**

Red or purple coloured drinks  
Pulp  
Tomato juice  
Orange juice  
Milk