

## 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