

BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY ON THURSDAY PM

Prior to your colonoscopy it will be necessary for you to undergo a bowel preparation. This involves taking a laxative preparation, and consuming clear liquids only the day prior to your procedure .

Instructions :

A prescription for Picosalax is enclosed with this information pack. Please do not exceed the recommended dosage. The preparation will cause multiple bowel movements. Individual responses to laxatives will vary; it may take effect within 30 minutes, but could take up to several hours. Please remain within easy reach of toilet facilities.

**If you are taking anticoagulation therapy (Warfarin, Dabigatran etc)
please contact us for additional instructions.**

**Have your normal evening meal Tuesday - the day before your procedure (Wednesday)
you will have a light breakfast by 7am and thereafter you will be on a liquid diet**

The day before your procedure : Wednesday

1. Avoid any type of solid food as well as milk, or milk products - these are not permitted.
2. Drink clear fluids only for breakfast, lunch and dinner, **but avoid any product coloured red or purple**. Clear fluids include :
 - Strained fruit juices (avoid any pulp, or thoroughly strain the pulp out)- apple juice
 - Water
 - Clear broths (eg., Bovril, clear strained packet noodle soups)
 - Tea/Coffee (no added milk)
 - Cordials, carbonated soft drinks and isotonic drinks (Powerade, Mizone etc)
 - Jellies (avoid any added fruit or toppings)- lemon or lime
 - Clear ice blocks
3. **At 5.00 p.m. Wednesday** : Dissolve one 15.5g sachet of Picosalax in a glass of warm water, and drink. Follow with one full glass of approved clear liquid.
4. **At 7.00 a.m. Thursday**. Dissolve one 15.5g sachet of Picosalax in a glass of warm water, and drink. Follow with one full glass of approved clear liquid.
5. Drink at least three more 250ml glasses of clear liquid more, if possible.

On the day of your examination :

1. **Stop all fluids four hours prior to your admission time.**
2. Please report to the hospital at the assigned time.
3. You will need a driver to take you home.

PLEASE DO NOT HESITATE TO CONTACT OUR CLINIC IF YOU HAVE ANY QUESTIONS