



BOWEL PREPARATION INSTRUCTIONS

Afternoon procedure

Bowel preparation is required to cleanse your bowel (large intestine) prior to colonoscopy. Having a clear bowel will allow your endoscopist to perform a high-quality, careful evaluation.

Optimal bowel preparation is achieved by altering your diet prior to your procedure and by consuming a bowel preparation agent. The bowel preparation agent you will use is **PrepKit-0**. PrepKit-O should be purchased from your local pharmacy and consumed as per the instructions outlined in this document.

7-days prior to your procedure

- Stop iron tablets
- Cease supplemental fibre, such as Benefibre, Metamucil, and psyllium husk

5-days prior to your procedure

- Do not consume nuts
- Avoid wholegrains, seeds, including small fruit seeds such as in strawberries

2-days prior to your procedure

- Commence a low residue “white diet”
- Acceptable foods include
 - Carbohydrates: White bread, white pasta, rice crackers, rice bubbles
 - Proteins: Eggs, chicken breast (skin off), white fish (skin off), white cheese, Greek yoghurt
 - Vegetables: Low fibre vegetables, like white potatoes, steamed zucchini, lettuce
 - Dairy: Sour cream, mayonnaise, butter/margarine, milk, custard
 - Other: Icy-pole, jelly (not blue or red)

Day before

- Have a **light** “white diet” breakfast and a **light** “white diet” lunch
 - An example would be white toast with butter, an egg and apple juice
- Take your regular medications aside from anything that you have received special instructions about
- After lunch have **CLEAR FLUIDS only**, including:
 - Water
 - Clear fruit juice (apple)
 - Clear flavoured sports drinks or clear cordial (yellow/orange)
 - Clear broth (strained, no residue)
 - Coffee and tea (**no milk**)



Bowel preparation

General comments

- Bowel preparation with **PrepKit-O** is intended to cause diarrhoea. This is the only way to ensure a successful colonoscopy
- Ensure that you continue to **maintain hydration** with clear fluids throughout the preparation
 - This is very important
 - As an example, we would recommend 8x cups/glasses of clear fluids throughout the day in addition to the bowel prepared PrepKit-O sachets outlined below
- Bowel preparation can be tiring and your sleep may be interrupted

Please follow the steps:

- Step 1: On the DAY BEFORE the procedure dissolve the **Glycoprep** sachet in 1000ml water and place in the refrigerator. A small amount of lemon juice or cordial may be added
- Step 2: At **7pm** on the DAY BEFORE the procedure, dissolve a **PicoPrep** sachet in 250ml water and consume. Drink another 250ml water following this
- Step 3: At **7am** on the DAY OF THE PROCEDURE, drink a glass of pre-chilled **Glycoprep** every 15-20 minutes until the 1000ml volume has been consumed
- Step 4: At **9am** on the DAY OF THE PROCEDURE, dissolve a **PicoPrep** sachet in 250ml water and consume. Drink another 250ml water following this

Day of procedure

In addition to taking bowel prep, the following instructions apply:

- **Food**
 - DO NOT have breakfast or any solid food
- **Fluids**
 - Continue drinking clear fluids **until 10.30am**
 - You may have small sips of clear fluid after this
 - You must have NOTHING ORALLY (nil by mouth) **2-hours prior** to your procedure
- **Medications**
 - Take your usual medications **before 10.30am**
 - Withhold oral diabetic medications and any other medications outlined in the special instructions sheet (given to patients if applicable)
 - Seek medical advice regarding any of your medications if you are feeling unwell
- **Travel**
 - Please arrive at the hospital at your scheduled arrival time
 - You may drive in, but this should be accompanied if possible



- You will need **someone** to take you home – it is not safe to drive or operate machinery following sedation