

Bowel Preparation for a Morning Colonoscopy with *PrepKit Orange*

It is **very important** to prepare the bowel well before the colonoscopy. This involves changing your diet and drinking special liquid laxatives to clear the bowel entirely of its contents. If your bowel preparation is inadequate, the procedure is **less safe, less accurate and may have to be repeated** on another day. Please read the following instructions very carefully.

Now

1. Purchase "***PrepKit Orange***" from your local pharmacy. No script is required. The cost is about \$25. *Ignore* the instructions inside the box.
2. Answer the questions about your medications on the attached 'Colonoscopy Information Sheet' (VERY IMPORTANT - see box on that information sheet).

3 Days before the colonoscopy

1. Start a low residue diet (see "Approved Foods" on the other side of this sheet)
2. Stop iron tablets
3. Start extra bowel prep if needed (VERY IMPORTANT - see box below)

You need extra bowel preparation if ANY of these apply to you:

Constipation, poor results from previous bowel preparation, diabetes, previous bowel resection, weight greater than 100kg, regular use of strong painkillers (eg Oxycontin, Targin, Endone and other morphine like medications), tricyclic antidepressants (eg Endep, Tryptanol), injected weight loss medications (eg Ozempic, Wegovy, Mounjaro), or if you have been asked to have extra bowel preparation by our office.

If you need extra bowel preparation:

Commence **bisacodyl** 5mg twice a day AND **Movicol** 1 sachet twice a day **for 3 days** before the procedure (no script required). Take all your normal laxatives and try to keep your bowels moving as regularly as possible.

The day before the colonoscopy

1. Have a light breakfast and lunch from the approved foods list (finish by 1pm).
2. After that, drink only approved clear fluids (see "Approved Clear Fluids" on the other side of this sheet)
3. Keep taking all your regular medications (unless advised by the doctor)
4. **At 3pm drink the first glass of PicoPrep** followed by 3 full glasses of water or "Approved Fluid".
5. **At 6pm drink the 1 litre of GlycoPrep.** *Tips:* GlycoPrep doesn't taste great but it can be made more tolerable by drinking it chilled, from a small cup, using a straw, adding lemon juice or sucking on a small piece of lemon.
6. Diarrhoea usually begins 1-3 hours after the first glass and finishes before midnight.
7. It is **very important** to drink plenty of fluid this day **other than** the bowel preparation, which will actually make you dehydrated. You **must** drink other fluids to maintain your hydration. Oral electrolyte solutions are the best (eg Gastrolyte, Hydralyte) but any "Approved Fluid" will do.
8. Some people feeling nauseous or sick while taking the bowel preparation. If this happens, sip the bowel preparation more slowly and consider taking metoclopramide (Maxolon, Pramin)(script required).

The day of the colonoscopy

1. Wake up early 4½ hours before you have been told to present to the hospital. Immediately drink the final glass of PicoPrep followed by 3 glasses of water or “Approved Fluid”. You must take this final dose even if the hospital tells you to have “nothing to eat or drink from midnight”.
2. Have nothing to eat or drink at all (including water) within 4 hours of your admission time.
3. Have all your regular morning medications with a sip of water (unless advised by Dr Scott/Flynn).
4. Present to the hospital according to the instructions you received from the hospital.

Approved Foods Only the 3 Days Before

Boiled or poached eggs
Cottage cheese, mayonnaise
Low fibre white bread, English muffins
Corn flakes, Rice bubbles
Low fat plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil
Plain ice cream, custard, meringue
Vegemite, honey, lemon butter, cheese spread, fish and meat paste
Lean beef/pork/lamb/veal/fish/chicken
White pasta, white rice, white flour
Vegetables or fruit without seeds, skin, peel, pulp or pips
Salt and pepper
Any fluid

Do NOT eat:

Brown bread, grains
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions, coconut
Dried fruit, nuts, sultanas, raisins
Oats, porridge, muesli, muesli bars, Weet Bix
Peanut butter, mustard, relish
Legumes, baked beans, kidney beans, lentils, split peas

Anything with seeds, skin, peel, pulp or pips in it.

Approved Clear Fluids Only the Afternoon Before

Water
Clear salty fluids (e.g. strained chicken noodle soup, Bonox, clear broth/bouillon)
Clear strained fruit juices (apple, blackcurrant, pear, grape, cranberry, strained orange)
Plain jelly
Black tea or coffee (no milk)
Sports drinks eg Powerade, Gatorade, Lucozade, Gastrolyte or other oral rehydration solutions
Clear fruit cordials (clear lemon/lime - no red or purple colourings)
Barley sugar lollies may also be sucked.

Alcoholic drinks are NOT approved clear fluids