



Afternoon colonoscopy bowel preparation instructions

Medications that require an appointment with Dr Gellert before your procedure

Blood thinning medications including but not limited to Aspirin, Dispirin, Astrix, Cartia, Cardiprin, Plavix, Coplavix, Iscover, Persantin, Asasantin, Warfarin, Eliqis, Pradaxa, Xarelto.

Diabetes medications - oral hypoglycaemic tablets or insulin

Medications that must be stopped **10 days prior** to the procedure.

NSAID medications such as Nurofen, Voltaren, Advil, Ponstan, Mobic, Celebrex
Fish oil tablets

Getting ready

Purchase **Prepkit Orange** from your local pharmacy. It does not require a prescription.

For three days before your colonoscopy, please avoid seeds, nuts, grains such as in multigrain bread and muesli. There are no other dietary restrictions.

Two days prior to your procedure, prepare Prepkit Orange according to the instructions and place in the refrigerator – it is easiest to drink cold.

I recommend mixing it to a lesser volume, then topping up to correct volume with Fanta or Passiona plus lots of ice just before consuming.

The day before your procedure

On the day prior to your procedure, please have a plate of hot cooked breakfast. This may include eggs, bacon, smoked salmon, some vegetables and a piece of bread without grains. Tea or coffee with milk is allowed with breakfast.

You are also allowed to eat an early lunch such as a chicken sandwich on white/wholemeal bread before 12 midday.

After midday you commence on clear fluids. Milk is no longer allowed in tea or coffee.

Clear fluids include water, mineral water, clear apple juice, black tea, black coffee, herbal tea, sports drinks, clear chicken broth, strained miso soup, carbonated drinks, cordial, lemonade ice blocks and jelly.

Please do not consume red or purple coloured drinks or jellies.

Your preparation will involve **two doses of preparation the night before** the procedure

6 pm	one 250ml glass of Picoprep
8 pm	1 L of glycoprep

Once you have started to drink the preparation, do not leave your home and stay close to the bathroom. You will experience significant diarrhoea.

The day of your procedure

The last dose of preparation is on the morning of the procedure.

6-7AM on the day of the procedure drink the last 250ml glass of Picoprep.

The last dosage of preparation should be at least 2 hours, but preferably 3 hours before you start fasting. Please keep drinking lots of fluid until your fast time.

Your **fast** time is **five** hours before your arrival time.

You **may not** eat, drink, chew gum or suck lollies in this time.

You **may** brush your teeth (without swallowing), use mouthwash and take essential medications with a tiny sip of water.