

**PREPARATION FOR COLONOSCOPY**

- Before undergoing a colonoscopy, you will need to clear out your digestive tract completely so your doctor will be able to examine your colon.
- **The bowel preparation starts TWO days before the test.**
- **Please be at the hospital by 7:00 am.**
- **You must not drive a car home**, as you will have been given sedation.
  - Please arrange to be picked up by a relative or friend, or take a taxi
  - You may be at the hospital for up to 4 hours after the test
  - It is recommended that you **do not** go back to work, do any strenuous exercise, drive or sign any legal documents after the procedure.
- **Regimen Instruction**

Date/Time	<b><u>Regimen (Fleet Solution)</u></b>
	<b>2 Days Before</b>
<b>At 9pm</b>	Take 45mls of Fleet solution in water or fruit juice.
	<b>1 Days Before</b>
<b>At 5 pm</b>	Take 45mls of Fleet Solution in at least a half glass of water or fruit juice. Continue to drink fluids at least 3 large glasses of water or clear fruit juice.
<b>At 9 pm</b>	Take 45mls of <b>Fleet Solution</b> in water or fruit juice.
<b>This will cause you to have repeated loose stools (diarrhoea), which is the expected result.</b>	

- **Instruction On Diet and Medication Before Colonoscopy**

	<b>Allow</b>	<b>Not Allow</b>
<b>7 DAYS BEFORE</b>	All other regular medications must be continued as prescribed by your doctor.	<ul style="list-style-type: none"> <li>• <b>Stop any iron tablets AND aspirin <u>1 week</u></b> before the test.</li> <li>• <b>Stop any</b> aspirin products or Pepto Bismol</li> </ul>
<b>2 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• Meat, poultry, eggs and fish,</li> <li>• Rice, noodles, pasta, breads, rolls and pancakes made with refined flour.</li> <li>• Fruit and vegetable juice without skin, pulp and seed.</li> <li>• Drink more fluid, at least twice your normal intake.</li> </ul>	<ul style="list-style-type: none"> <li>• Fibrous and meat containing tough connective tissue</li> <li>• Whole grain bread and cereal, brown or wild rice, popcorn</li> <li>• Fresh and dry fruits, prune juice</li> <li>• Vegetables, dried beans, nuts, peas, legumes and lentils</li> <li>• Milk and other dairy products</li> </ul>
<b>1 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• Drink as much ( 4-5 litres) clear fluid as you can comfortably manage</li> <li>• Apple juice, cranberry juice, grape juice, soft drinks and cordials, black tea &amp; coffee, clear broth, jellies, popsicles, candy, honey water.</li> </ul>	<ul style="list-style-type: none"> <li>• All others</li> </ul>
<b>DAY OF EXAMINATION</b>	<ul style="list-style-type: none"> <li>• You can drink a small amount of Clear fluids when you first awake.</li> </ul>	<ul style="list-style-type: none"> <li>• All others</li> </ul>

**Please telephone the clinic if you have any questions about the preparation.**