

GASTRO SERVICES & FACILITIES

EASTERN ENDOSCOPY CENTRE

PH: 3820 4555

DIET AND PREPKIT C INSTRUCTIONS

THREE (3) DAYS PRIOR TO PROCEDURE: LOW FIBRE DIET

For a successful colonoscopy it is important that the bowels are thoroughly cleansed so that the lining is clearly seen. Poor preparation may result in the doctor being unable to examine the bowel properly and a repeat procedure may well be required.

This diet reduces the amount of fibre in your colon to assist in achieving a thoroughly clean bowel. Please eat only what is available in the diet below. If you find that you do become constipated with the low fibre diet then take half a teaspoon of Epsom Salts in warm water, Movicol, Coloxyl or Agarol (these laxatives do not contain fibre).

Bread and cereal:

Choose – white bread, refined breakfast cereals (Cornflakes, Plain Special K, Rice Bubbles), cakes/biscuits made with white flour, rice cakes, white pasta or white rice.

Avoid – wholemeal, brown, rye bread and bread with seeds, wholegrain cereals, cakes and biscuits containing nuts, dried fruits, wholemeal flour and oatmeal, wholemeal pasta and rice.

Fruit and Vegetables:

Choose – only boiled or mashed potatoes, pumpkin, carrot, marrow, squash, asparagus tips, ripe bananas, stewed apples, stewed pears and pawpaw. (NB Skins and seeds of these fruits and vegetables should not be eaten).

Avoid – all other fruit and vegetables including salad vegetables.

Meat and Dairy Group:

**Choose – lean tender beef, veal, lamb, pork, poultry, fish and eggs.
Choose - small amounts of butter/margarine/cheese are allowed.**

Avoid – fatty and fried meats, highly seasoned meats and stews.

Beverages:

Choose – tea, coffee, water, plain milk drinks, soft drinks, soya milk, clear apple juice and clear soup. Alcohol is allowed if desired.

Avoid – unstrained fruit juices and flavoured milk shakes.

Sweets/Desserts:

Choose – jellies, sugar, honey, custard, and yoghurt.

Avoid – pies, quiches, pastry foods, jams, marmalade, peanut paste, dried fruit and nuts.

Avoid all fibre supplements e.g. – Metamucil, Benefiber, Psyllium, Normafibe etc.

****ANY FOODS NOT LISTED ARE NOT PERMITTED****

START 3 DAY LOW FIBRE DIET:

..... /..... **ALL DAY**

..... /..... **ALL DAY**

THE DAY BEFORE YOUR TEST:

..... /..... **UNTIL LUNCHTIME**

THE DAY PRIOR TO PROCEDURE:

THE LAST MEAL BEFORE YOUR TEST IS LUNCH NO LATER THAN 12 NOON

You can select foods from the following list only:

- **Clear soup** e.g. beef, bonox, chicken broth, chicken noodle (strained); AND/OR
- **Two Sao biscuits** with butter, vegemite or honey; AND/OR
- **Two slices of white bread OR TOAST** with butter, vegemite or honey; AND/OR
- **Jelly (AVOID RED JELLY);**
- **Water, clear apple juice, black tea/coffee, or soft drink.**

After this light LUNCH, **DRINK CLEAR FLUIDS ONLY:**

- water, black tea (including green and herbal tea), black coffee, **clear** apple juice, soft drink, cordial
- clear soup e.g. beef, bonox, chicken broth, chicken noodle (strained)
- jelly avoiding RED coloured jelly and
- sports drinks (eg Powerade, Gatorade).

YOU ARE NOT TO HAVE ANY MILK OR SOLID FOOD AFTER THIS MEAL.

THERE IS NO DINNER ON THE EVENING PRIOR TO YOUR PROCEDURE.

A. IF YOUR APPOINTMENT IS BEFORE OR AT 3.00 PM

There are two (2) sachets of PicoPrep and one 70gm sachet of Glycoprep in your kit. Each sachet of PicoPrep dissolves into a **glass** of warm water. If preferred, mix them up earlier and refrigerate until required to drink them. The Glycoprep sachet dissolves into one (1) **litre** of warm water and may also be refrigerated if preferred.

IT IS IMPORTANT WITH THE PICOPREP THAT YOU HAVE AT LEAST 4 HOURS BREAK BETWEEN DRINKING THE FIRST AND SECOND SACHETS.

AT 5.00 PM THE DAY PRIOR TO YOUR TEST, drink the first glass of **PicoPrep** and drink **at least** one litre of clear fluids (water, clear apple juice, black tea/coffee, soft drinks, sports drinks, clear soup or jelly).

You are encouraged to drink sports drinks or clear soups with salt added. This replenishes your body with salt and electrolytes and makes you feel better.

AT 9.00 PM ON THE EVENING PRIOR TO YOUR TEST, drink the second glass of **Pico Prep** and drink **at least** one litre of clear fluids (water, clear apple juice, black tea/coffee, soft drinks, sports drinks, clear soup or jelly). If you get up during the night have a glass of water before going back to bed.

As the Picoprep may have a dehydrating effect it is extremely important that each sachet is followed by a minimum of one litre of clear fluid.

AT : AM ON THE MORNING OF YOUR TEST, commence drinking the one litre of **Glycoprep** at approximately a glass every 10 to 15 minutes.

THIS LITRE OF GLYCOPREP MUST BE FINISHED FOUR (4) HOURS PRIOR TO YOUR TEST

These solutions will cause severe diarrhoea. Apply a water repellent cream to the anal area such as Vaseline or Lanolin.

You may drink clear fluids until FOUR (4) HOURS BEFORE your test.

NIL BY MOUTH FROM _____ AM/PM _____ (Day)

B. IF YOUR APPOINTMENT IS AFTER 3.00 PM

There are two (2) sachets of PicoPrep and one 70gm sachet of Glycoprep in your kit. Each sachet of PicoPrep dissolves into a **glass** of warm water. If preferred, mix them up earlier and refrigerate until required to drink them. The Glycoprep sachet dissolves into one (1) **litre** of warm water and may also be refrigerated if preferred.

AT 8.00 PM ON THE EVENING PRIOR TO YOUR TEST, drink the first glass of **PicoPrep** and drink **at least** one litre of clear fluids (water, clear apple juice, black tea/coffee, soft drinks, sports drinks, clear soup or jelly). If you get up during the night have a glass of water before going back to bed.

You are encouraged to drink sports drinks or clear soups with salt added. This replenishes your body with salt and electrolytes and makes you feel better.

AT _____ : _____ AM ON THE MORNING OF YOUR TEST, drink the second glass of **PicoPrep** and drink **at least** one litre of clear fluids (water, clear apple juice, black tea/coffee, soft drinks, sports drinks, clear soup or jelly).

As the Picoprep may have a dehydrating effect it is extremely important that each sachet is followed by a minimum of one litre of clear fluid.

AT _____ : _____ AM ON THE MORNING OF YOUR TEST, commence drinking the one litre of **Glycoprep** at approximately a glass every 10 to 15 minutes.

THIS LITRE OF GLYCOPREP MUST BE FINISHED FOUR (4) HOURS PRIOR TO YOUR TEST

These solutions will cause severe diarrhoea. Apply a water repellent cream to the anal area such as Vaseline or Lanolin.

You may drink clear fluids until FOUR (4) HOURS BEFORE your test.

NIL BY MOUTH FROM _____ AM/PM _____ (Day)