

Please read fully at least 7 days before the test

Bowel Preparation instructions for Colonoscopy

To prepare for colonoscopy you need to take a preparation which cleanses your bowel. It is very important to follow the instructions exactly as the success of the procedure depends on your bowel being as clean as possible.



a. Good bowel preparation

b. Poor bowel preparation

If you are **Diabetic**, take **Warfarin** or **Clopidogrel** and have not received specific advice please call the endoscopy department for specific advice.

Seven days before colonoscopy

If you are taking **iron tablets** (anything with “Ferrous” in the name) constipating medications such as **loperamide** (Imodium) or **codeine phosphate**, these should be stopped 7 days before the test. You should continue to take any other medications, including laxatives.

2 days before the test (i.e. Tuesday if your test is on a Thursday)

From 2 days before the test you may eat foods from diet list below:

Fats (Butter, margarine)	Sugar/Sweetener
Eggs	Dessert (avoid red jelly)
Cheese	Black tea/coffee/herbal tea
Rice (white)	Fruit squash(no real fruit juice)
Pasta (Macaroni, spaghetti, noodles)	Marmite, Oxo, Soda water
Potatoes (No skin)	Bread (white/toast)
Chicken/Fish	Gravy (use stock cubes)

Do not eat red meat, fruit, vegetables, nuts, wholemeal bread, “All-Bran” cereals and pulses in any form.

You should aim to **drink plenty of fluids every day** (atleast 3 litres).

The day before the test

- You **must not eat any solid food** (Please ignore the Picolax or Moviprep information leaflet with regards to dietary instructions. We have found this results in poor bowel preparation in quite a few patients). You must drink atleast 2 cups of clear fluid every waking hour. These could include: fruit squash, fizzy drinks or tea and coffee (without milk). Bovril or clear soup (watery without bits in it). To keep your strength up sugary drinks such as Lucozade provide energy. Any sugar based sweets e.g. Jelly Babies, Fruit pastels, Wine gums, Foxes Glacier Fruits and mints, Polo's. Jellies and dextrose tablets may also be taken.
- Applying a barrier cream (such as zinc & castor oil or Sudocrem) to the skin around your bottom will prevent soreness from frequent bowel motion.
- For patients given **PICOLAX** with an appointment before 12 pm take the first sachet of Picolax at 7 am and the second sachet at 7pm. For appointments after 12 pm take the first sachet of Picolax at 7pm and the second sachet at 7am the day of the test

Instructions for taking Picolax

Dissolve the contents of the sachet in a cup of cold water, it may warm up, but drink it when it has cooled down, followed by a litre of clear fluid over the next two hours. You should experience frequent some times urgent bowel action followed by diarrhoea 2 - 3 hours after taking Picolax. You will need to be in close proximity to toilet facilities and you may find it necessary to spend the day at home. Some intestinal cramping is normal.

- For patients given **MOVIPREP** with an appointment before 12 pm take the first reconstituted litre of Moviprep at 5pm and the second litre at 8pm the day before the test. For appointments after 12 pm take the first reconstituted litre of Moviprep at 7pm the day before the test. The second litre of Moviprep needs to be taken at 7am on the day of the procedure.

Instructions for taking Moviprep

Each box contains 2 sealed bags with sachets A and B. Pour one sachet A and one sachet B into a jug with 1 litre of water. Stir till the powder is completely dissolved. Add cordial to taste (Not blackcurrant). Drink 250ml every 15-30 minutes. You should drink additional 500mls of clear liquids with each litre. Some intestinal cramping is normal.

The day of the colonoscopy

On the day of your examination continue to drink clear fluids until 2 hours prior to your colonoscopy. For those 2 hours it is necessary to remain nil by mouth until after your procedure.

In over 90% of patients this regimen results in good bowel preparation. This means that you will be passing **Liquid stool only** which is slightly turbid with little or no solid material in it.