

BOWEL PREPARATION PRIOR TO COLONOSCOPY

- If the preparation is to be of any value, you must co-operate fully in preparing yourself for your procedure. If the bowel is not clean the procedure may have to be repeated.
- Any tablets containing iron **MUST** be stopped at least 7 days before the procedure.
- If you are prone to constipation or have been following a high fibre diet, you may need to take a laxative such as Movicol several days before your procedure.

TWO DAYS BEFORE YOUR PROCEDURE

- We recommend a light diet which is low in fibre and nothing that contains seeds, nuts or anything with skins e.g. grapes.

THE DAY BEFORE YOUR PROCEDURE

- You may eat a light breakfast e.g. poached egg on white toast. For lunch have a clear soup without any “bits”. Clear fluids should be consumed as much as possible in addition to the water which is taken after each glass of Coloprep.

<u>FIRST GLASS OF COLOPREP</u>	<u>SECOND GLASS OF COLOPREP</u>
Date: Day Before Time: 18:00	Date: Day Before Time: 22:00
1 Hour later drink 500ml water	1 Hour later drink 500ml water
You should continue to drink clear fluids	You should continue to drink clear fluids

Your bowel is only clear once you are only passing clear liquid without any solid components.

Stop drinking all liquids at 06:00 the day of procedure.

Examples of clear liquids which should be consumed as much as possible:

- Black tea
- Black coffee
- Clear soup
- Stock cubes dissolved in warm water
- Jelly
- Fruit juice (no pulp)
- Clear soft drinks e.g. Sprite/Sprite Zero
- Energy drink e.g. Powerade, Energade (no black or red coloured drink allowed)

You may take regular medication **EXCEPT** aspirin, iron, diabetic medication or warfarin with a sip of water up to 2 hours before your procedure.

YOU WILL NOT BE ABLE TO DRIVE FOLLOWING YOUR PROCEDURE!

If you have any queries, please contact your doctor.