


# COLONOSCOPY INSTRUCTIONS- SPLIT PREP

7 DAYS BEFORE PROCEDURE	4 DAYS BEFORE THE PROCEDURE	2 DAYS BEFORE PROCEDURE	1 DAY BEFORE THE PROCEDURE	DAY OF PROCEDURE
<p>Read through instructions in advance.</p> <p>Purchase <b>Prepkit Orange &amp; PLAIN Coloxyl Tablets (120mg Tablets)</b> over the counter from any pharmacy (picture below). <b>DO NOT</b> follow instructions on the box.</p>  <ul style="list-style-type: none"> <li>The effectiveness of the oral contraceptive pill may be reduced due to diarrhoea.</li> <li><b>IF YOU TAKE BLOOD THINNERS</b> You will have to contact our rooms to confirm if you need to cease them or have temporary changes to your blood thinner medication. (eg Apixaban, Plavix Clopidogrel, Xarelto, Brilinta etc)</li> <li><b>ASPIRIN:</b> Continue Aspirin unless advised otherwise.</li> <li><b>IF YOU ARE A DIABETIC-</b> Changes to your routine/ oral medications &amp; or insulin are required. If you are on Metformin/Diabex/Diabex XR/ Diaformin/Diaformin XR/ Formet/ Glucobete/ Glucophage/Janumet/Jamumet XR/Metex XR/ Glibenclamide/ Daonil/ Glimel/Gliclazide/Diamicron MR/ Glyade Glyade MR/Nidem/Oziclide MR/ Gkimepiride/ Amaryl/ Diapride Dimirel/ Glipizide/Melizide/Minidaib- <u>you need to withhold these tablets the day before and the day of your procedure.</u> <b>Insulin-</b> If not controlled, confirm instructions from Dr Leach prior to admission.</li> <li><b>IF YOU TAKE SGLT2 Inhibitors-</b> Cease these 3 days prior. If you are not sure if you take an SGLT2, e.g. Alogliptin/ Nesina/ Nesina Met/ Linagliptin/ Trajenta/ Trajentamet/ Glyxambi/ Saxagliptin/ Onglyza/ Kombiglyze XR/ Sitagliptin/ Januvia/ Vildagliptin/ Galvus/ Galvamet/ Exenatide/ Byetta/ Bydureon/ Liraglutide/ Victoza/ Dulaglutide/ Trulicity/ Rosiglitazone/ Avandia/ Avandamet/ Pioglitazone/ Acpio/ Actos/ Piazzord/ Prioten/ Vexazone/ Dapagliflozin/ Foxiga/ Xigduo XR/ Empagliflozin/ Jardiance/ Jardiamet/ Ertugliflozin/ Steglujan/ Steglatro/ Segluromet/ Arcabose/ Glucobay/ Canagliflozin/ Invokana-please contact our rooms <u>at least</u> 3 days prior to the procedure. If you take Ozempic, you need to cease it 5 days prior.</li> </ul>	<ul style="list-style-type: none"> <li><b>IF YOU TAKE SGLT2 Inhibitors-</b> Cease these 3 days prior (e.g. Forxiga, Glyxambi, Jardiance, Jardiamet, Steglujan etc).</li> <li><b>Start Low residue Diet</b> – see the back for Low residue Diet</li> <li><b>Stop</b> all seeds, nuts, grains and fruit/vegetable peel/skins and high fibre in your diet.</li> <li><b>Stop</b> oral iron supplements</li> <li><b>Stop</b> herbal supplements e.g., fish oil</li> <li><b>Stop</b> taking anti-inflammatory e.g., Ibuprofen, Mobic, Naprosyn etc</li> <li><b>Constipation-</b> If you suffer from constipation, you need to take additional prep. Take 240mg plain Coloxyl 4, 3 &amp; 2 days prior to the procedure.</li> </ul>	<p><b>8pm Take 2 x 120mg Coloxyl tablets</b></p>	<p><b>FOOD:</b> On the day before your procedure, you can have the following <b>Light breakfast only:</b> <u>Tea / Coffee / White Toast only</u> No Milk or cream. No bread containing nuts, grains, seeds or fibre.</p> <p><b>FLUIDS:</b> During the day drink at least one glass of <u>Approved Clear fluids*</u> (see over page) hourly until bedtime unless you have a fluid restriction for other medical issues.</p> <p><b>8:00am</b> Make up the sachet of Glycoprep-C 70g with 1 litre of water, following the instructions on the packet. Chill in the refrigerator to make it easier to drink later.</p> <p><b>06:00pm</b> <b>1st Dose: Picoprep:</b> Add the entire contents of ONE sachet of Pico Prep to approx. 250mls of water. Stir well. Drink using a straw as this may help.. Follow up with adequate <u>Approved Clear Fluids*</u> to maintain hydration. <b>*Do not only drink water*</b></p> <p><b>08:00pm</b> <b>2nd Dose: Glycoprep-C:</b> Remove the made up Glycoprep-C from the fridge. Drink all of this solution over the next hour. If you feel nauseated slow down the rate. Follow up with <u>Approved Clear Fluids*</u> to maintain hydration <b>**8pm Take 2 x Coloxyl tablets**</b></p> <p><b>Diabetic on Oral Medication:</b></p> <ul style="list-style-type: none"> <li>Do not take the evening doses on the day prior to the procedure.</li> <li>Do not take the morning doses on the day of the procedure.</li> <li>Bring your medication with you so it can be taken with food after the procedure. (e.g. Diabex, Metformin)</li> </ul> <p><b>Diabetic on Insulin</b></p> <ul style="list-style-type: none"> <li>Take Insulin as per endocrinologist instructions or speak to Dr Leach.</li> <li>Bring your insulin with you on the day of admission.</li> </ul>	<p><b>4 hours before admission time take:</b> <b>3rd Dose: Picoprep:</b> Add the entire contents of ONE sachet of Pico Prep to approx. 250mls of water. Stir well &amp; drink. Using a straw may help.</p> <p>It is important to continue to drink a mixture of ‘approved clear fluids’ as per sample menu over page but NO JELLY (up to 1 litre).</p> <p>Take all other regular medications with a sip of water 4 hours before your procedure unless otherwise instructed (e.g. heart, blood pressure, seizure etc).</p> <p><b>Diabetic on oral medications:</b> Do not take the morning doses on the day of the procedure.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Drink clear fluids only until 3 hours prior to your arrival time</b></p> <p><b>THEN NIL BY MOUTH</b> (i.e. nothing to eat or drink or chew)</p> </div> <p><b>Arrange a responsible adult to pick you up and stay with you the first night.</b></p> <p>If you feel the bowel prep is not working: <b>should be watery &amp; lighter in colour with nil or minimal sediment</b></p> <p>Please call Dr Leach’s rooms ASAP to discuss.</p>

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## THE LOW RESIDUE DIET

A low residue diet means limiting your intake of foods that take a long time to digest. High fibre foods such as wholegrain cereals & breads, fruit & vegetable with skins & seeds, nuts, legumes & dried fruits should be avoided for 4 days prior to your procedure.

✓ **LOW RESIDUE/FIBRE FOODS** –  
**MAY BE** consumed on days 4, 3 & 2  
prior to colonoscopy.

× **HIGH FIBRE FOODS** –  
**DO NOT** consume for 4 days prior  
colonoscopy.

BREAD & CEREALS -	
✓ White bread/scones/muffins/crumpets	× Wholegrain/wholemeal/seeded bread
✓ White rice & pasta	× Brown/wholemeal rice & pasta
✓ Cornflakes/Rice Bubbles/Semolina	× Wholegrain cereals – Weet-Bix/All Bran/Rolled oats/Muesli etc.
✓ Plain biscuits – Sao/Jatz/water cracker/Morning Coffee/Milk Arrowroot	× Wholemeal biscuits – Wheatmeal/Oat cookies/Ryvita/Vitawheats
✓ Butter cakes	× Coconut/dried fruit/nuts/grains/seeds
✓ White flour/cornflour/arrowroot	× Wholemeal flour products
FRUIT & VEGETABLES -	
✓ Ripe fruits – bananas/melon/peaches/apricots/pears/apples - <b>no skins/seeds</b>	× Fresh fruits – tomatoes/plums/dates/passionfruit/quinoa/prunes/rhubarb/guava/pineapple/figs
✓ Canned or stewed fruit – <b>no skins</b>	× Dried fruits & vegetables
✓ Fruit juices – strained - <b>no pulp</b>	× Berries or citrus fruits
✓ Vegetables – Potatoes/pumpkin/squash/carrots/green beans/marrow/lettuce/avocado/zucchini <b>no skins/seeds</b>	× Baked beans/spinach/broccoli/brussel sprouts/cabbage/cauliflower/leeks/onion/parsnips/peas/olives/mushrooms/lentils
MEAT, FISH, EGGS & DAIRY -	
✓ Lean beef/lamb/pork/chicken/fish – grilled or baked – <b>NO fat</b>	× Pizza/pasties/meat pies/sausage rolls/Asian, Middle Eastern or Indian style dishes/curries
✓ Eggs – <b>not fried</b>	× Deli or fatty meats – Devon/salamis/sausage/Frankfurt's
✓ Milks, plain yoghurt, cheese, butter, margarine, ice-cream, custards, white or cheese sauces - <b>no fruit or nuts or grains</b>	× Fried foods/fatty or tough meats
SPICES & CONDIMENTS -	
✓ Salt & mild seasonings	× Hot spices & peppers
✓ Vegemite & seed & chunk free jams	× Olives/pickles/relishes
✓ Sugar/syrup/honey	× Marmalades/jams with seeds or fruit chunks

## APPROVED CLEAR FLUIDS\*(Until 3 hours prior to arrival)

Ensure you drink a variety of these suggested fluids, **NOT just water.**

- Hydralyte - very important to include at least one
- Water, CLEAR salty fluids (e.g. clear broth/stocks/bonox)
- Tea & Coffee - **NO milk or cream the day before your procedure**
- Clear fruit juices with no pulp (e.g. apple)
- Plain jelly – yellow & orange only- **NO JELLY ON DAY OF PROCEDURE**
- Sports drinks: Gatorade, PowerAde, . No dark colours e.g. red, green, purple, blue.
- Clear fruit cordials – orange or lemon