

## Extended Bowel Preparation for Colonoscopy

Follow these instructions if you have had a previous poor bowel preparation or if Mr Nguyen has recommended more intensive preparation. Please read this guide carefully and contact our rooms with any questions: **03 9816 3951**.

### Medications to Purchase (from your pharmacy — no prescription required)

- 2 × PICOPREP sachets**
- 2 × GLYCOPREP C (70g sachets)**
- 2 × Senokot tablets**

Take this leaflet with you to the pharmacy.

#### ⚠ Please notify our rooms before your procedure if any of the following apply:

- Stop iron supplements at least 3 days before your procedure, as they interfere with bowel preparation.
- If you take blood thinners (warfarin, rivaroxaban, apixaban, dabigatran, or clopidogrel), please contact our rooms before your procedure — these may need to be paused or bridged.
- If you take oral or injectable diabetic medications (e.g. Metformin, Diamicon, Jardiance, Forxiga), stop these 2 days before your procedure. Do not stop insulin — contact our rooms for personalised fasting and dose adjustment instructions.
- If you use a weight-loss injectable (e.g. Ozempic, Saxenda, Wegovy), remain on clear fluids for the full 24 hours before your procedure.

## Preparation Schedule

### 5 Days Before — Avoid Nuts, Seeds, Grains, and Peels

Stop eating nuts and foods with obvious seeds, grains, and peels to begin clearing your bowel.

### 3 Days Before — Start Low-Residue White Diet

Begin the low-residue white diet (see diet table on page 2).

### 2 Days Before — Continue Diet & Take Senokot

Continue the low-residue white diet. Take **two Senokot tablets before bedtime**.

### The Day Before — Clear Fluids Only & Bowel Preparation

**Do not eat any solid food.** Drink clear fluids only — water, clear broth/bouillon, clear fruit juices (e.g. apple), jelly (clear lemon or lime only), black tea or coffee (no milk), sports drinks (clear or lemon only), carbonated beverages, barley sugar, and clear fruit cordial (lemon or lime only — no red or purple colouring). Drink at least one glass of clear fluid each hour and keep drinking clear fluids until bedtime.

*Bowel preparation solution should be dissolved in warm water. Make it up early and allow to cool to room temperature, or chill if preferred.*

#### EVENING — THE DAY BEFORE YOUR COLONOSCOPY

<b>2pm</b>	Drink 1 sachet of Glycoprep C mixed with 1 litre of water. Drink over 2 hours. <i>(Make up in warm water beforehand and allow to cool, or chill if preferred.)</i>
<b>5pm</b>	Drink 1 sachet of PicoPrep mixed in 250ml of water. Follow with at least two glasses of clear fluid over the next hour.
<b>8pm</b>	Drink 1 sachet of Glycoprep C mixed with 1 litre of water. Drink over 2 hours.

### Day of Your Colonoscopy — Morning

**Do not have breakfast — do not eat anything.**

#### MORNING OF YOUR COLONOSCOPY

<b>4 hours before admission</b>	Drink 1 sachet of PicoPrep mixed in 250ml of water. Drink 2 more glasses of water.
<b>2 hours before admission</b>	<b>Stop all fluids. Remain nil by mouth (nothing to eat or drink) until your procedure.</b> <i>Your admission time will be advised by the hospital the afternoon before your procedure.</i>

**If you feel nauseated:** drink more slowly. Boiled sweets such as barley sugar, lemon drops, or eucalyptus drops may help. Call us on **03 9816 3951** if nausea is severe or you cannot keep fluids down.

## Low-Residue White Diet (follow for 3 days before your colonoscopy)

Reduce dietary fibre to begin clearing your bowel. Avoid the foods listed in the right column — if in doubt, leave it out.

Food Group	✓ You CAN eat	✗ Avoid
<b>Meat, Fish &amp; Eggs</b>	Poultry, fish, and eggs	Red meat, processed meats
<b>Bread &amp; Grains</b>	White bread, white rice, pasta, couscous, noodles, skinless potatoes, cornflakes, rice bubbles, plain biscuits	Wholemeal, wholegrain, seeded or grain bread; brown rice; wholemeal pasta; Weetbix; Cheerios; digestive biscuits; dried fruit and nuts
<b>Fruit &amp; Vegetables</b>	Well-cooked peeled pumpkin, well-cooked peeled potato, ripe bananas only	All other fresh, cooked, tinned, and dried fruit and vegetables — including beans, lentils, and pulses
<b>Dairy (limit quantities)</b>	Milk, plain yoghurt, white cheese, ice cream, butter, milk puddings	Any dairy containing fruit, nuts, or herbs; yellow or strongly coloured cheese
<b>Drinks</b>	Clear fruit juice, cordial, sparkling water, tea, coffee (no red or purple colouring)	Any drinks with red or purple colouring; smoothies; fruit juices with pulp
<b>Other</b>	Boiled sweets (e.g. barley sugar, ginger drops, eucalyptus drops), spices, salt, pepper, consommé	Sweets containing fruit, nuts, or seeds; anything with red or purple food colouring

## What to Expect During Your Preparation

### Bowel activity

Movements typically begin 1–3 hours after your first dose. Motions will become progressively watery — this means the preparation is working.

### Skin comfort

Frequent motions can cause anal soreness. Apply Vaseline or nappy rash cream (Sudocreme, Bepanthen) around the anus before you begin, and reapply as needed.

### Nausea

Mild nausea is common, especially with MoviPrep. Chill it well and drink slowly. Call us if nausea is severe or you vomit repeatedly.

### Hydration

Aim for one glass (250ml) of clear fluid every 30–60 minutes while awake. Orange or yellow Gatorade or Powerade is recommended to replace electrolytes.

### Medications

Continue your usual blood pressure, heart, and other regular medications with a sip of water. Hold diabetic medications, iron, and blood thinners as instructed — see Step 1 warnings.

### When to call us

Call 03 9816 3951 if nothing happens after 3 hours, you cannot keep fluids down, feel unwell, or have any concerns.

## What counts as a clear fluid?

Any liquid you can see through when held to the light. Avoid red and green — these colours can be mistaken for blood or bile during your procedure.

- Water (still or sparkling)
- Clear broth, consommé, or Bonox
- Pulp-free apple, grape, or pear juice
- Plain jelly or ice blocks (not red/green)
- Plain cordial or lemonade (not red/green)
- Orange or yellow Gatorade — recommended
- Tea or coffee with a small dash of milk only
- Sparkling water or plain mineral water

## Not sure about anything? Just call us — 03 9816 3951

We are happy to help with questions about your preparation, medications, or what to expect. If you cannot complete your preparation or feel unwell, do not wait — call us straight away.