



# Colonoscopy Preparation Sheet

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Guidelines for an optimally clean colon

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It is very important to follow the below instructions carefully in order to have a successful colonoscopy where the bowel lining can be thoroughly visualised by the doctor. If the bowel is not

### ***Prior to your procedure***

- Take note of your procedure date and time.
- Please expect to be in the unit for a total of 3-4 hours.
- Please be aware that there can be waiting times due to emergencies and unforeseen delays.
- It is important to report any medications that you are on. Iron tablets need to be stopped a week before the procedure. Four days before the examination, stop taking any constipating agents (Imodium, Codeine Phosphate). Also stop taking stool bulking agents such as Fibogel. Diabetics should omit their medication in the morning of the procedure. **If you are on warfarin or other blood thinning agents, please inform the doctor.**

### ***Diet preparation***

The following diet must be followed, in conjunction with the bowel preparation, three days prior to your procedure.

#### *Days 1 and 2 of your diet plan*

##### *Breakfast*

You may have:

- refined cereal with milk e.g. cornflakes, rice bubbles
- eggs, pancakes
- white toast/bread

- tea/coffee.

##### *Lunch and dinner*

You may have:

- any kind of meat, fish, cheese, egg
- white pasta/rice/bread
- canned or cooked vegetables
- canned/cooked/fresh fruit without skins or seeds
- ice-cream, custard.

##### **Avoid:**

- wholemeal, grain flour, bread and cereals (muesli, oats)
- dried fruit or nuts
- fruit and vegetable skin and seeds, lentils or baked beans.

#### *Day 3 of your diet plan (day before procedure)*

You may only have clear fluids before and following your bowel preparation. You may have:

- tea/coffee (no milk)
- clear soups
- soft drink
- clear juice and jelly (avoid red or purple drinks and jellies).

If you are having a morning procedure please follow the directions below:

- Drink clear fluids only the DAY BEFORE THE PROCEDURE
- At 2 PM, dissolve the entire contents of one sachet of PICOPREP or PICOLAX in a glass of warm water. Allow to cool. Drink the first glass of the preparation and follow this with plenty of clear fluids (at least 1 litre) to prevent dehydration and to flush out your bowel
- At 5 PM, dissolve the entire contents of your second sachet of PICOPREP or PICOLAX in a glass of warm water. Drink the second glass of the preparation and follow this with 1 litre of clear fluids to prevent dehydration
- At 4 AM ON PROCEDURE DAY, dissolve the entire contents of your third sachet of PICOPREP or PICOLAX in a glass of warm water. Drink the third glass of the preparation and you must follow this with plenty of clear fluids (at least 1 litre) to prevent dehydration
- STOP DRINKING AND FAST (NOTHING TO EAT OR DRINK) FROM 6 AM ON THE DAY OF THE PROCEDURE

If you are having an afternoon procedure please follow the directions below:

- Drink clear fluids only the DAY BEFORE THE PROCEDURE
- At 3 PM, dissolve the entire contents of one sachet of PICOPREP or PICOLAX in a glass of warm water. Allow to cool. Drink the glass of the preparation and follow this with plenty of clear fluids (at least 1 litre) to prevent dehydration and to flush out the bowel
- At 6 PM, dissolve the entire contents of the second sachet of PICOPREP or PICOLAX to a glass of warm water. Drink the second glass of the preparation completely and follow this with 1 litre of clear fluids to prevent dehydration
- At 7 AM ON PROCEDURE DAY, dissolve the entire contents of your third sachet of PICOPREP or PICOLAX in a glass of warm water. Drink the third glass of the preparation and follow this with plenty of clear fluids (at least 1 litre) to prevent dehydration
- STOP DRINKING AND FAST (NOTHING TO EAT OR DRINK) FROM 9 AM ON THE PROCEDURE DAY

## What to do if the following occurs during bowel preparation?

### *Vomiting*

This may occur for a number of reasons including “the thought of drinking more will make me sick” or fluid not passing from the stomach as quickly as expected. If this occurs:

- stop drinking for 30 minutes
- have a hot drink and walk around.

If vomiting persists, stop the preparation and notify the staff in the morning as your drinking must be continued under supervision and your appointment may need to be rearranged.

Try your best to continue, as the procedure can only be performed if your bowel is totally cleaned. A clean bowel can only be obtained by drinking the preparation.

### *Fail to have a bowel motion*

Each patient is different in the time involved from drinking the preparation until the diarrhoea commences. It is preferable to be at home when commencing the preparation kit. Some people take a lot longer to pass the preparation than others, however if you are not experiencing any pain and the bloating is minimal, then you are okay to continue. Once the diarrhoea has commenced, continue drinking the preparation as per instructions.

### *Wind pain and discomfort*

Some patients experience “gripey” pain while taking the preparation. This is sometimes due to colonic spasm. Sucking on peppermint lollies or drinking peppermint tea will usually assist in settling this discomfort. You may also experience these symptoms after your procedure. It is normal to experience this discomfort for up to 48 hours.

### *Severe pain and vomiting*

This is very unusual. In most cases you are the best judge of your health. In a situation where you become very ill, and after a reasonable period of time you fail to improve, it is wise to contact your GP for advice as you may have an underlying condition that is causing the problem.

## Bowel Prep

This is a lavage that will cleanse the bowel. It causes diarrhoea and by the time you finish there should be no solid matter in the bowel motion.

## What to expect after your colonoscopy?

### *You may:*

- resume your normal daily routine including working the day after your procedure unless otherwise instructed
- resume normal eating habits unless otherwise instructed
- have a feeling of fullness in the abdomen.

*Because you will be receiving sedation for the procedure it is recommended to avoid the following for at least 24 hours afterwards:*

- drive a car, motorcycle or ride a bicycle
- drink any alcohol
- make any important decisions or sign important papers
- walk home
- use hazardous machinery including the stove
- engage in sports or heavy lifting
- travel alone by public transport (bus, train or plane).

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