

## **Bowel Preparation: Morning Procedure**

The aim of the bowel preparation is to clean the large bowel thoroughly. Diarrhoea may begin one to two hours after starting the laxative support. At completion of the preparation, your bowel actions may be light brown, green or yellow in colour with a small amount of debris.

### **2 DAYS PRIOR TO YOUR PROCEDURE**

Please only eat a '**LOW FIBRE DIET**' (Please see 'Diet' page for options)

### **DAY PRIOR TO PROCEDURE**

Continue with '**LOW FIBRE DIET**' until 9am, then commence with '**CLEAR FLUIDS DIET**' (Please see 'DIET' page for options)

#### **At 5:00pm:**

1. Add contents of one sachet of Picolax to 250mls of water
2. Stir until fizzing stops
3. Drink
4. Follow with 4 glasses (250mls) of water/clear fluid over the next hour

#### **At 7:00pm**

1. Add contents of one sachet of Picolax to 250mls of water
2. Stir until fizzing stops
3. Drink
4. Follow with 4 glasses (250mls) of water/clear fluid over the next hour

#### **At 9:00pm**

1. Add contents of one sachet of Picolax to 250mls of water
2. Stir until fizzing stops
3. Drink
4. Follow with 4 glasses (250mls) of water/clear fluid over the next hour

Continue with a glass (250mls) of water/clear fluid every hour while you are awake

### **DAY OF YOUR PROCEDURE**

Continue with '**CLEAR FLUIDS DIET**' until 6 hours before admission time.

Continue with water (250ml per hour) until 2 hours before admission time

**Then nothing by mouth, including lollies, chewing gum and smoking until instructed by hospital staff.**

# Diet

## LOW FIBRE DIET

- White bread (fresh or lightly toasted)
- Butter/ Margarine
- Honey
- Vegemite
- Yoghurt (low fat, plain or vanilla)
- Eggs (Scrambled, poached or boiled)
- Chicken (Skinless)
- Potato (peeled and cooked)
- White cheese (cottage, feta, ricotta)
- Pumpkin (peeled and cooked)
- Plain biscuits (Jatz, Arrowroot)
- Milk, including milk substitutes

## CLEAR FLUID DIET

(yellow, orange or brown colourings only)

**No milk, milk substitutes or dairy products**

- Water
- Clear broth, stock cubes in water
- Fruit juice (strained, without pulp or seeds)
- Teaspoon of Bonox or Vegemite in hot water
- Cordial
- Black tea, herbal tea or coffee (sugar or artificial sweetener allowed)
- Plain jelly (without fruit)
- Clear ice blocks (lemon sorbet)
- Sports drinks or Gastrolyte
- Soda Water
- Mineral Water
- Lemonade
- Barley sweets or other hard travel sweets