

**INFORMATION ON THE  
PREPARATION FOR A COLONOSCOPY**

**Mr A Clarke**

**MORNING APPOINTMENTS**

**NAME.....**

**COLONOSCOPY DATE.....**

**Instructions for bowel preparation prior to Colonoscopy.**

**Morning Appointment.**

Please follow these instructions **very carefully** as it is most important that the bowel is quite clear prior to the examination. If you are on Iron tablets stop taking these ten days beforehand, but continue with all other tablets.

1. On .....commence a '**low residue diet**' with clear fluids only.
2. On.....you may have breakfast. Avoid cereals, wholemeal bread, or food containing fibre. **You must not eat anything else but you should continue to drink plenty of clear fluids.**
3. On.....commence the first sachet of Picolax at **10 am.**
4. At **2 pm** repeat this procedure with the second sachet of Picolax.

**IT IS IMPORTANT THAT YOU CONTINUE TO DRINK PLENTY OF CLEAR FLUIDS DURING THE PREPARATION**

5. At **6pm** dissolve the first sachet of Klean Prep, take as directed. Repeat this procedure with  
The second sachet until the effluent is a clear yellow fluid.

NB. Regular applications of Vaseline or barrier cream will help to prevent soreness.

For your information I have enclosed a diet sheet to help you plan both a **low residue diet and clear fluids only diet** along with instructions on how to take **Picolax**.

Continue to drink plenty of clear fluids until one hour prior to your admission, then you should have nothing further to drink until after the procedure.

**Note:** Individual responses to laxatives do vary. This prescription may cause multiple bowel movements. It often works within 30 minutes or it may take up to 6 hours.

Please do not hesitate to contact me if you encounter any difficulties following this regime, or you are unclear about any of the instructions.

<b>Low Residue Diet</b>		
<b>Food/Drinks allowed</b>	<b>Foods to restrict</b>	<b>Foods not Permitted</b>
Lean meat, Poultry, Fish  Eggs, Cheese, Butter Margarine, Vegetable oils, Mayonnaise  <i>Fresh</i> white bread  Rice Krispies, Cornflakes  <i>Freshly cooked</i> Potatoes, without skin  <i>Freshly cooked</i> Pasta or Rice  Jam and Marmalade (without pips or peel)  Honey, Syrup, Sugar, Sweets, Chocolate (in <i>moderate</i> quantities) without fruit or nuts  All soup without vegetables  Strained or Natural fruit juice  Tea, Coffee, Fruit Squashes, Lemonade and other Minerals	Milk should only be added in small amounts	Strongly tough meat  Wholegrain or mixed grain bread  Wholegrain cereals  Potatoes, Pasta or Rice which has been cooked and then reheated  Wholegrain Pasta or Rice  All Fruit (except fruit juices)  All vegetables <i>especially</i> pulses  Nuts  Peanut butter  Drinks made with milk
<p><b>Note –</b> As fruit and vegetables are restricted/avoided on a low residue diet, the diet should only be used as a temporary measure.</p>		
<b>Clear Fluid Diet</b>		
This diet should be continued until after your examination has been completed and must contain <b>no solid foods</b> .		
<p><b>You may take the following in unlimited quantities:</b></p>		
Black tea/coffee Lemon tea Bovril	Consomme Plain jelly Sorbet without fruit juice	Soft drinks/mineral water Lucozade

COLONOSCOPY is the examination of the large bowel, or colon, by means of a highly sophisticated, flexible, fibre-optic instrument called a COLONOSCOPE. This enables the examiner to obtain a detailed view of the lining of the bowel and, when appropriate, to take small samples of the lining (biopsies). It is also possible to remove small growths called Polyps.

A good bowel preparation is essential to allow a clear view during the examination and it is most important to carefully follow the instructions enclosed.

The examination takes 20-30 minutes and most patients need only come to the hospital as a day patient, returning home the same evening. Sedation is used so that most patients remember little or nothing about the procedure. It is only natural to feel apprehensive and to sense some embarrassment, but we do make every effort to put patients at their ease.

After the colonoscopy a rest for 3-4 hours allows the patients to sleep off the sedation following which they may have something to eat and drink before going home. **It is most important** however, to be accompanied home by a friend or relative and to observe the precautionary warnings enclosed. By the following day you may expect to eat a normal diet.

It is quite normal for the bowel to take several days to regain its usual actions. If biopsies have been taken you may notice a few specks of blood but this should not concern you. **Rarely** bleeding may occur about 10 days after removal of a polyp. This is invariably self limiting and settles with rest, but **Do Inform Your Own Doctor Immediately** if the bleeding is heavy for it may be necessary to observe you in hospital for a day or two. Again, Very Rarely perforation of the colon is a recognised complication of the procedure. If this does occur it may be necessary to perform an immediate operation to close the leaks in the bowel.

Finally, if there are any questions regarding your bowel preparation or colonoscopy please do not hesitate to telephone the out patients department on 01202-244220.