



Diacol – Tablet Preparation

Please purchase 1 x bottle of Diacol containing 32 tablets.

The success of your procedure depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed and then preparation repeated.

Two Day Prior To Your Procedure:

Stop eating brown bread, red meats, cereals, vegetables & fruit.

Do not have anything with seeds in it.

Do not have any hard cheese.

You may eat eggs, steamed white fish, boiled chicken, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice, clear jelly, skim milk and well cooked pumpkin or well cooked peeled potato.

One Day Prior To Your Procedure:

Staying hydrated is very important

- Make sure you drink as much as you can before, during and after taking Diacol.
- Your body loses significant amount of body fluid during bowel preparation.
- In order to prevent dehydration, it is important to replace fluid loss by drinking clear liquids.

DURING THE DAY, DRINK ONLY RECOMMENDED CLEAR FLUIDS FOR BREAKFAST, LUNCH & DINNER. NO FOOD, NO MILK PRODUCTS ALLOWED. DRINK AT LEAST ONE GLASS OF CLEAR FLUID PLUS PREPARATION TABLETS.

Recommended Clear Fluids:

Water, strained fruit juice without the pulp (apple, white, grape, pineapple and pear), clear broth, tea or coffee without milk or cream, clear sugar-free cordials such as lemon or lime (no purple or red colourings), plain sugar-free jelly and clear ice blocks. Do not drink carbonated beverages. Do not drink alcohol beverages.

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2 to 3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

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Step 1: 1 hour duration – evening before procedure

One dose (4 tablets with at least 250mL of clear liquid) every 15 minutes for a total of 5 doses (20 tablets).

If the time of your colonoscopy is at:

9AM – Start prep at 4.30PM

10AM – Start prep at 5.30PM

11AM – Start prep at 6.30PM

12PM – Start prep at 7.30PM

1PM – Start prep at 8.30PM

Step 2: 1/2 hour duration – day of procedure

One dose (4 tablets with at least 250mL of clear liquid) **every 15 minutes for a total of 3 doses** (12 tablets).

If the time of your colonoscopy is at:

9AM – Start the prep at 5.30AM

10AM – Start the prep at 6.30AM

11AM – Start the prep at 7.30AM

12PM – Start the prep at 8.30AM

1PM – Start the at 9.30AM

Avoid food and drink 3-5 hours prior to your procedure