

**THREE DAYS PRIOR TO THE PROCEDURE**

**SAMPLE MENU FOR COLONOSCOPY**

**NO**

**PLEASE AVOID THE FOLLOWING**

Brown bread, high-fibre cereals, vegetables, fruit, any food containing nuts, wholegrain, skins or seeds, yellow cheese.

**PLEASE DRINK AT LEAST 12 GLASSES OF WATER OR APPLE JUICE TODAY**

**PLEASE CHOOSE WHAT YOU LIKE FROM THE FOLLOWING MENU**

**BREAKFAST**

Fruit juice (apple or pear).  
Corn flakes, rice bubbles with milk and sugar.  
Eggs or meat if desired.  
White bread or toast with margarine or butter. You may also have honey or vegemite.

**LUNCH**

Clear fruit juice (apple or pear).  
Clear chicken soup.  
White bread sandwich with any of these fillings – chicken, beef, fish, egg or white cheese.  
Stewed or tinned fruit without skin.  
Tea or coffee with milk and sugar.

**DINNER**

Steamed or grilled lean meat – chicken or fish.  
Mashed or boiled peeled potato, peeled pumpkin or choko. White rice or plain noodles or white pasta.  
Stewed or tinned peaches (without skins) with ice cream.  
Clear fruit juice, ginger ale or bitter lemon, tea or coffee.

**MID MEALS**

Teas, coffee, clear fruit juice or lemonade.  
Plain biscuit, plain sponge cake, plain scone, crumpet, plain muffin, plain Sao's with cottage cheese and chives.  
Yoghurt or plain jelly.  
Fruit juice ice blocks (you can prepare these by pouring fruit juice in ice cube trays and freezing the previous day).

**YES**

## OTHER FOODS ALLOWED

### BREADS AND CEREALS

White bread muffins and crumpets.

Corn flakes and rice bubbles.

Semolina.

Plain biscuits eg plain Sao, Jatz, Water Crackers, Morning Coffee, Milk Arrowroot or Marie.

Plain cakes and plain scones.

### FRUIT AND VEGETABLES

Tinned or stewed peaches (without skins).

Potatoes, sweet potato, pumpkin, squash, turnip, choko, marrow (all peeled), asparagus tips.

Lettuce, bamboo shoots or avocado.

### MEAT AND FISH

Lean beef, lamb, fish (grilled or baked), tuna or chicken.

Casseroles/stews made with lean beef and any of the vegetables previously mentioned.

### EGGS

Boiled, poached, scrambled or omelette.

### SOUP

Strained beef, tea or chicken broth (avoid onion).

Chicken noodle soup.

### DAIRY PRODUCTS

Custards, yoghurts (without fruit pieces or nuts).

Ice cream.

### SPREADS AND CONDIMENTS

Vegemite, honey, lemon butter or fish paste.

YES

**Have breakfast day prior to procedure still following the diet, and then clear fluids only as per list below.**

**PATIENT INSTRUCTION FOR PREPKIT C  
(For Patients Having Colonoscopy)**

**PLEASE BUY FROM YOUR CHEMIST**

The preferred preparation is “Prepkit C” a purgative solution available from your chemist or the one downstairs. This kit will contain one large sachet called “Glycoprep-C” 70 g and two small sachets called “PicoPrep”15.5g. Carefully follow the instructions below on how to mix these solutions and when to take them. **The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.**

***ONE DAY PRIOR TO THE PROCEDURE***

**CLEAR FLUIDS ONLY** all day.

**NO SOLID FOODS, MILK PRODUCTS OR ALCOHOL ARE ALLOWED ON THIS DAY**

Drink at least 3 litres of the approved clear fluids plus the preparation liquids only.

**Approved clear fluids:** Water of any kind, Clear fruit juices (apple or pear), plain jelly (does not contain fruit), black tea or coffee, Bonox, Lucozade, Gatorade, Staminade, carbonated drinks, barley sugar drink, clear broth, strained chicken noodle soup, clear lime or lemon cordial. **Do not eat jelly or drink fluids with red, green or purple colouring.**

***4.00 pm FIRST DOSE OF PREPARATION***

Add the contents of one sachet of Picoprep (little packet in kit) to one glass (250ml) of warm water and stir until dissolved. Chill for ½ hour before drinking if you prefer. This should be followed by a drink of any of the approved clear fluids (see above).

***6.00 pm SECOND DOSE OF PREPARATION***

Add the contents of the Glycoprep C (large packet in kit) to 4 glasses (1 litre) of water and drink one glass of this mixture every 15 minutes until finished.. If you start to feel nauseated while drinking this, slow the rate of intake. The full litre should take you approximately 1 hour to drink. (If you prefer to have this really cold, mix it up the previous evening and leave in the fridge for today).

***8.00 pm THIRD DOSE OF PREPARATION***

Add the contents of one sachet of Picoprep (little sachet in kit) to one glass (250 ml) of water and stir until dissolved. Chill for ½ hour before drinking, if you prefer and follow this with a drink of one of the approved fluids (see above).

After a short time the preparations will cause multiple bowel movements, resulting in diarrhoea and watery stools. **DO NOT LIE DOWN** for at least 2 to 3 hours after drinking the mixture, walking around will increase its effectiveness in clearing the large intestine. **Please do not leave the house and stay close to the bathroom.**

**KEEP DRINKING APPROVED CLEAR FLUIDS UNTIL FASTING TIME THE NEXT DAY.**

**PLEASE STOP CLEAR FLUIDS FROM MIDNIGHT OR 6 HOURS BEFORE YOUR ADMISSION TIME.**

**Fasting means nothing to eat, drink, suck or chew.**