



## **Colonoscopy dietary and laxative preparation**

So that a clear picture of your bowel can be obtained during the examination the colon must be completely empty. Please follow the instructions below. *This information is for patients with an afternoon appointment for colonoscopy. For morning appointments please see alternative information.*

### **Three days before the examination**

Eat a diet *avoiding* bran, wheat or oat containing cereals. Also avoid wholemeal bread, salads, fruits, or any food containing fibre, nuts or seeds. Some foods, for example tomatoes, contains skins and seeds and should be avoided.

Suggested food during this time:

#### **Breakfast**

Fruit Juice  
Rice Krispies / corn flakes / sugar puffs  
White bread and butter / seedless jam / honey

#### **Light meal**

Lean meat, eggs, cheese or fish  
White bread & butter  
Plain sponge cake, jelly, ice cream

#### **Main meal**

Clear soup  
White bread  
Lean meat, eggs, cheese or fish  
Peeled potato, white rice, pasta  
Yoghurt

#### **Supper**

Plain biscuits  
Cheese  
Milk or plain chocolate

### **The day before the examination**

You may have breakfast and lunch. After this drink **only clear fluids** such as lucozade, black tea or coffee (no milk), lemonade, water, orange squash. You can have clear soup (broth) with no solid material within. **No solid food and no milk during the afternoon or evening or the next day until after the colonoscopy.**

### **At 4pm on the day before the examination**

Drink one sachet of Picolax (mix with a glass of water). The drink may fizz and feel hot so wait a minute or two for it to cool before drinking. Drink a full glass of water after drinking the Picolax.

Picolax can start to work within as little as 30 minutes but can take up to 5 hours to work. Please then drink plenty of clear fluids (3-4 pints, 2 litres) throughout the afternoon/ evening. Clear fluids include water, lemonade or Lucozade, orange squash, tea or coffee (no milk)

Should you experience nausea or feel unwell from the preparation please stop oral intake for an hour, walk around, then cautiously restart. You may call the hospital for advice from the senior nurse on call.

### **At 8 am on the day of the examination**

Mix and drink the 2<sup>nd</sup> sachet of Picolax. Then drink a glass of water. You may continue to drink clear fluids (types as detailed above) during the day. The total during the day should approximate to 2-3 pints/ 1-2 litres although please note that if also having gastroscopy (also called upper endoscopy, OGD) you will need to stop drinking 2 hours before your appointment time.

Please take your usual tablets on the day before and on the morning of the test apart from those medications, for example blood thinning medications, that you have been directed to stop for this procedure.

### **Tips on bowel preparation**

Apply barrier cream to your anal area and use soft tissue paper or wet wipes as repeated bowel actions can make you sore.

No alcohol should be drunk the day before or on the day of your examination.

You can eat and drink normally after the procedure.