



**GastroClinics**

# Diet advice and bowel preparation for your colonoscopy

**The aim of this information sheet is to help answer some of the questions you may have about how to prepare for your colonoscopy investigation.**

Please read this leaflet thoroughly at least **seven days before your appointment** due to medications that need to be stopped. If after reading, you have any further questions or concerns, please do not hesitate to speak to a doctor or nurse caring for you.

## **What is a colonoscopy?**

This is where a soft, flexible tube with a camera at the end is passed through your back passage (anus) and up inside your bowel by a specially trained doctor or nurse. You should have received the leaflet, **Having a colonoscopy**, which explains the procedure in more detail. If you have not received a copy of this, please ask us for one.

## **Why do I need to prepare for this procedure?**

Your bowel needs to be empty for the colonoscopy, so that the doctor or specialist nurse can see the lining of your bowel. To achieve this you will need to alter your diet and take specific preparations for a few days before the procedure. These changes are explained in this leaflet.



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Please tell the nursing staff as soon as possible on the number at the end of the leaflet if you

- are taking any medicines to thin the blood or to prevent blood from clotting (anticoagulants or antiplatelets, such as warfarin, rivaroxaban or clopidogrel). You do not need to call if you only take aspirin
- have diabetes and are on insulin
- have any allergies to any medicines.
- you are allergic to latex

Please let us know if you are taking any regular medicines at your pre-assessment appointment (including anything you buy yourself over the counter or any herbal or homeopathic medicines).

## How can I prepare for a colonoscopy?

The remainder of this leaflet advises you on how to prepare in the days leading up to your colonoscopy. Please follow the actions on the days mentioned.

Date					
	7 days before	5 days before	2 days before	1 day before	Day of colonoscopy

### Preparation: Seven days before your colonoscopy

- Eat and drink as normal, Low residue diet with no fibre and seeds
- Stop taking any medicines that contain iron\* as the active ingredient (these will have iron, ferrous, ferric or ferredetate in the name of the medicine).
- Continue to take all other medicines as usual.
- Stop Clopedogrel on case by case recommendation from your doctor

### Preparation: Three days before your colonoscopy

- Eat and drink as normal.
- Stop taking any medicines, including over the counter medicine that contain codeine phosphate\*.
- Stop taking any medicines that contain loperamide\*.
- Continue to take all other medicines as usual.

\*A list of what your medicines contain should be featured on the patient information leaflet contained within the box. If you are unsure about whether your medicines contain iron, codeine phosphate or loperamide,



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## Preparation: Two days before your colonoscopy

- Drink plenty of fluids, aim for two litres (about eight to ten glasses) per day. Please see guide on the next page.
- Start restricted eating having small meals from the guide as this will help the bowel preparation medicine work properly.
- Do not eat foods containing fibre.

### Please see below for a guide on what to eat and what to avoid:

#### ✓ You can eat/drink:

- ✓ Well cooked, lean beef, lamb, ham, veal or pork
- ✓ Fish, shellfish or poultry
- ✓ White rice, noodles or white pasta
- ✓ Cereal including cornflakes and crisped rice cereal,  
**Not Bran**
- ✓ White bread or toast
- ✓ Rich Tea or other plain biscuits
- ✓ Eggs, especially boiled or poached
- ✓ Butter/margarine/cheese
- ✓ Milk, cream, cottage cheese
- ✓ Potatoes without the skins; boiled, creamed, mashed or baked
- ✓ Soya and tofu
- ✓ Gravy made from stock cubes (plain or cornflour can be used to thicken)
- ✓ Sugar or sweetener
- ✓ Clear jelly

#### Don't eat/drink:

- × Fruit, including fresh, dried and canned
- × Brown rice, brown pasta
- × Hi-fibre breakfast cereals (including porridge oats)
- × Pulses or lentils
- × Hi-fibre, multi-seeded, 50/50 or wholemeal bread
- × Vegetables
- × Nuts/seeds
- × Roasted, deep fried (chips)
- × Jam
- × Crisps
- × Alcohol
- × Red jelly
- × Red cordial, or fruit juice

Water, cordial, fizzy drinks, clear strained soup or clear stock Preparation: The day before your colonoscopy

### Eating and drinking

- Take your regular morning medicines unless you have been instructed otherwise.
- Have a light breakfast, such as boiled egg on toast (white bread), no later than 9am.
- After breakfast do not eat any solid food until after your examination.
- Drink clear fluids only today. This may include water, squash, fizzy drinks, clear strained soup or clear stock. **Aim for two litres (about eight to ten glasses) in total throughout the day not including the bowel preparation.**
- You can drink tea or coffee with small splash of milk.
- It is best to avoid alcoholic drinks.

### Medicines and laxatives

- Stop taking any bulk-forming laxatives now. These include:
  - Isphaghula (e.g. Fybogel®)
  - Methylcellulose (as in Celevac®)
  - Bran
  - Sterculia (as in Normacol®)



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Where possible, try to take your usual morning medicines before 10am, and your evening medicines after 9pm. Medicines taken between these times may not be fully absorbed because of the bowel preparation solutions you will be taking (see next page).

## Preparation: On the day of your colonoscopy

- Stop taking any laxatives and continue to avoid any medicines containing iron, loperamide, or codeine.
- You should continue to take all of your medications as normal, unless you have been told otherwise by the doctor or endoscopy nurse.
- Drink plenty of clear fluid – you can drink up to three hours before your examination.
- Leave valuables at home – do not bring them with you to the Endoscopy Department.
- You may want to bring a dressing gown, slippers and something to read.

## Bowel preparation solutions

In preparation for your colonoscopy we will provide you with bowel preparation solutions (strong laxative sachets; some patients will be given senna tablets as well).

**There are various brands of the bowel preparation solutions: We will tick the box against the preparation that you have been prescribed**

- Our standard preparation called CitraFleet® or Picolax® (sodium picosulphate),  
 Klean-Prep®     Moviprep®.

## Why might I be given Klean-Prep® or Moviprep®?

If the doctors are concerned about your kidneys or if you have kidney disease they will prescribe you Klean-Prep® or Moviprep®. These preparations are less likely to affect your kidney function than our standard preparation (Picolax® or CitraFleet®). You may be required to have a blood test before and after the procedure to check your kidney function.

**Please let us know if:**

- You are unable to drink a large volume of fluid.
- You are restricted on the volume of fluid you are allowed to drink daily.
- You have been told by a doctor that your kidneys are not working properly.

## How should I take the bowel preparation?

Please follow the instructions and time schedules in this leaflet and **not** the instructions on the packet.



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Please note that the instructions are different depending on which bowel preparation your doctor has prescribed you – please make sure you read the correct section in this leaflet. The times that you need to take your medicine will also depend on whether you are having your colonoscopy in the morning or afternoon. If you are prescribed Sodium Picosulphate (Picolax® or CitraFleet®) sachets and senna tablets



The solution tastes better if served chilled, so you may wish to mix in advance and keep in the fridge. Use within 24 hours of preparation.

### On the day before the procedure:

<b>4pm</b>	Take four senna tablets from the pack provided with a glass of water.
<b>5pm</b>	Mix one sachet of sodium picosulphate with approximately 150ml of water. Do this in a large glass or jug, as the mixture may fizz over. Stir the solution for two to three minutes. If the solution becomes warm, allow it to cool before you drink it. You may add more water if you wish to dilute it. Please drink the preparation at once; or if drinking slowly finish within an hour.

### On the morning of the procedure:

<b>6am for a morning appointment or 10am for an afternoon appointment</b>	Take the second sachet of sodium picosulphate, preparing it in the same way as before.
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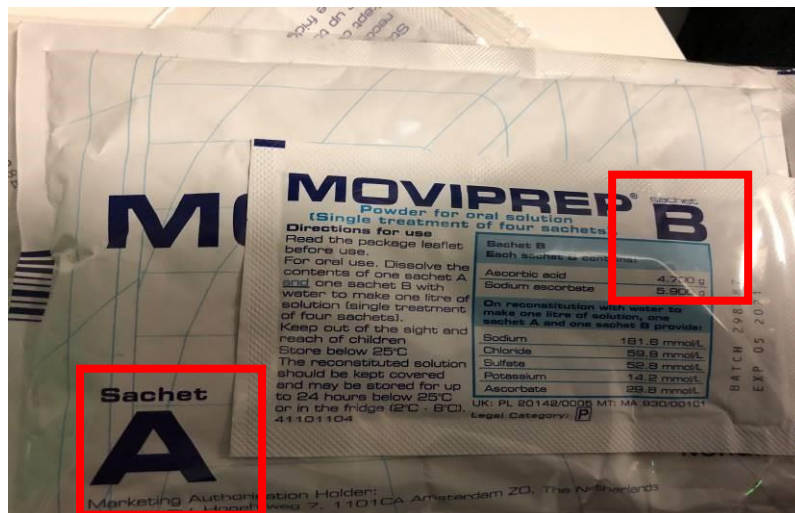
## If you are prescribed Klean-Prep®



The solution tastes better if served chilled, so you may wish to mix in advance and keep in the fridge. Use within 24 hours of preparation.

<b>On the day before the procedure:</b>	
<b>2pm</b>	Empty the contents of one sachet of Klean-Prep® into one litre of water and stir until dissolved. Drink this over the course of an hour / an hour and a half.
<b>4pm</b>	Dissolve the second sachet of Klean-Prep® and drink as above.
<b>6pm</b>	Dissolve the third sachet of Klean-Prep® and drink as above.
<b>On the morning of the procedure:</b>	
<b>6am for a morning appointment</b>	Dissolve the fourth sachet of Klean-Prep® and drink as above.
<b>10am for an afternoon appointment</b>	

**If you are prescribed Moviprep®**



The solution tastes better if served chilled, so you may wish to mix in advance and keep in the fridge. Use within 24 hours of preparation.

<b>On the day before the procedure:</b>	
<b>4pm</b>	Empty one sachet A and one sachet B of Moviprep® into one litre of water and stir until dissolved. Drink this over the course of an hour / an hour and a half.
<b>On the morning of the procedure:</b>	
<b>6am for a morning</b>	Dissolve the second sachet of A & B Moviprep® as <b>appointment or above</b> and drink over an hour/ an hour and a half.
<b>10am for an afternoon appointment</b>	

## Will I have to stay near a toilet once I have started taking the bowel preparation?

It is advisable that you stay near a toilet once you have started taking the bowel preparation solution. You should expect frequent bowel movements and diarrhoea, starting within three hours of the first dose and continuing until after your last dose. **Please note: The timings of the bowel preparation medication are designed so that the effects wear off before you are due to leave home and travel to the hospital.**

## Will I have any side effects?

You may have some bloating or stomach cramps – this is normal.

You can use a barrier cream, such as zinc and castor oil on your bottom to prevent soreness during your frequent trips to the toilet.

Remember to keep drinking clear fluids to stop you from becoming dehydrated. As a guide, try to drink about one glass every hour. Signs that you are dehydrated include dizziness, headache and confusion.