

# BOWEL PREPARATION AND DIET SHEET

FOR YOUR COLONOSCOPY  
NELSON HOSPITAL



# WHAT TO EXPECT

The aim of this preparation is to have you passing clear, light, straw or yellow coloured water out of your bowel. If it is not clear after you have finished your prep please contact the Endoscopy Service for advice (03) 546 1814.

## **You may experience some mild side effects, such as:**

- » feeling cold
- » shivery
- » light headed
- » or having abdominal cramps.

These are normal. Ensure that you are taking adequate fluid replacement. If you are diabetic please ensure that your blood sugar level is within safe limits for you. If you experience any headaches then it is safe to take paracetamol.

## **Adverse reactions to the bowel prep are rare.**

**In these rare incidences severe dehydration can occur. People who live alone should consider having another contactable, able person nearby to provide you support if needed.**

**If you experience vomiting, collapse or seizure; go to your nearest Emergency Department.**

**Alteration to your medication can have an additional effect. Please contact the Triage Nurse (03) 546 1814 if you have had any changes to your medication since your referral was made.**

**If you have a concerning reaction out of hours call Healthline 0800 611 116 or report to the Emergency Department.**

# INSTRUCTIONS

You will probably be up to the toilet several times in the night and you may get cold. It is advisable to warm the house.

## BOWEL PREPARATION

It is important that your bowel is clean for a successful colonoscopy examination. To ensure this, it is necessary to change your diet for two days beforehand. This booklet includes Low Residue Diet sheets to refer to. Please read all the instructions and ensure you have the correct bowel preparation in the pack.

## INCLUDED IN THE PACK ARE

- » *Colonoscopy: Information for Patients*
- » instruction booklet
- » one packet of Pico Prep
- » two packets of Kleen Prep

## MEDICATIONS

Remember to stop iron tablets one week before and refer to *Colonoscopy: Information for Patients* regarding all other medications.

# LOW RESIDUE DIET SHEET 1

FOODS	ALLOWED	AVOID
<b>BREAD</b>	White bread/rolls only	Wholemeal/grain/fruit/seeds
<b>CEREALS</b>	Puffed rice, cornflakes, noodles, spaghetti, rice	Wholemeal/grain pasta or cereals, brown rice
<b>FRUITS</b>	Puree fruits, cooked apples, pears or peaches without skins	Skins, pips, orange pith and membrane. Prune juice and dried fruit
<b>VEGETABLES</b>	Mashed, no skins: potato, pumpkin, carrots, kumara	All other vegetables
<b>MEAT</b>	Chicken and fish only	
<b>DAIRY</b>	Only a very small amount of milk in tea or coffee	Yoghurt, cheese, Milo, ice cream
<b>SOUP</b>	Clear or strained soups	Creamy soups, chowders, broth
<b>DESSERT</b>	Plain biscuits, jelly (lime)	Rich pastries, fruits, nuts, seeds
<b>SUGAR/SWEETS</b>	Marshmallows, jelly sweets, barley sugars and boiled sweets	All other sweets
<b>FATS</b>	Small amounts of butter, margarine and oils	Fried foods and cream
<b>BEVERAGES</b>	Tea, coffee, colour-free drinks, strained fruit juices. Oxo or beef tea	Red, orange, and purple drinks, alcohol
<b>MISCELLANEOUS</b>	Plain gravy, salt, soy sauce, tofu, Marmite, honey, strained or clear jams	Coconut, nuts, jam, marmalade, dried beans, peas and lentils

# LOW RESIDUE DIET SHEET 2

<b>FOODS</b>	<b>ALLOWED</b>	<b>AVOID</b>
<b>BREAD</b>	White bread and plain crackers	All other breads
<b>SOUPS</b>	Clear or strained soups	All other soups
<b>DESSERTS</b>	Plain biscuits, jelly (lime)	All other biscuits and cakes
<b>SUGAR/SWEETS</b>	Barley sugars as desired	All other sweets
<b>BEVERAGES</b>	Tea, coffee, colour-free drinks. Clear fruit juices: apple, white grape juice. Oxo or beef tea. Carbonated drinks: lemonade, ginger ale	Milky drinks, all red and purple beverages, alcohol
<b>MISCELLANEOUS</b>	Clear ice blocks	

Remember to drink a minimum of 2 litres (8 glasses) of clear fluid throughout the day.

# BEFORE YOUR COLONOSCOPY

## TWO DAYS BEFORE YOUR COLONOSCOPY

- » You must only eat the foods listed on the **Low Residue Diet Sheet One**.
- » Drink clear fluids only (no milk in tea or coffee).
- » Clear, strained soup or fruit juices (ensuring there is no pulp).

Do not drink any fluids that contain red, orange or purple colouring. These can cause the lining of your bowel to appear red or inflamed.

## THE DAY BEFORE YOUR COLONOSCOPY

- » Eat only the food listed on the **Low Residue Diet Sheet 2** and carry on with clear fluids.
- » 6pm: dissolve Pico-prep in a glass of water and drink contents, followed by another glass of water only.

**DO NOT EAT ANYTHING ELSE AFTER 6pm on the evening before your colonoscopy.** Barley sugars are allowed. Try to drink at least 1 litre of clear fluids before going to bed.

# THE DAY OF YOUR COLONOSCOPY

## MORNING APPOINTMENTS

- » 5am: mix two sachets of Klean Prep in 2 litres of water (1 sachet per 1 litre), stir until dissolved. You may prefer to flavour this with any **clear** cordial.
- » Drink one full glass every 10–15 minutes until the prep is finished. For best results try to finish prep within 2 hours.
- » Nil by mouth from 7am. Small sips of water for comfort are acceptable.

## AFTERNOON APPOINTMENTS

- » 9am: mix two sachets of Klean Prep in 2 litres of water (1 sachet per 1 litre), stir until dissolved. You may prefer to flavour this with some **clear** cordial.
- » Drink one full glass every 10–15 minutes until the prep is finished. For best results try to finish prep within 2 hours.
- » Nil by mouth from 11am. Small sips of water for comfort are acceptable.

## HINTS AND TIPS

- » Klean prep is best drunk cold.
- » Add some clear flavouring.
- » Try drinking through a straw.
- » Drink moderate mouthfuls.
- » Have a glass of water or flavoured clear fluid on hand.
- » Rinse mouth or brush your teeth between glasses of Klean prep.
- » Your bottom may get sore from wiping. Put Vaseline or baby cream on prior to and between going to the toilet. Washing your bottom frequently can also help.

NMDHB  
ENDOSCOPY SERVICES  
FEBRUARY 2016

---

[WWW.NMDHB.GOVT.NZ](http://WWW.NMDHB.GOVT.NZ)



Nelson Marlborough  
District Health Board