**AFTERNOON PROCEDURE**

**PREPARATION FOR COLONOSCOPY**

For a safe and accurate examination it is important that your colon is as clean as possible. Please read all the instructions carefully prior to your procedure.

You will need to purchase **GLYCOPREP ORANGE** (210grams or 3 x 70g pkt) from your pharmacy. No prescription is required.

**Follow the instructions below** as they may differ from the instructions included in the bowel preparation provided by your Pharmacist.

**FIVE DAYS BEFORE YOUR COLONOSCOPY**

Avoid foods with whole grains, seeds, nuts or pips (ie grainy muesli, wholegrain/ multigrain bread, seeds and pips within fruit or vegetables). Continue avoiding these foods until after your procedure.

**TWO DAYS BEFORE YOUR COLONOSCOPY**

**Start the white diet**. Only eat foods from the white diet food list (see over).

**ONE DAY BEFORE YOUR COLONOSCOPY**

In the morning dissolve the 210 grams of GLYCOPREP-O in 3 litres of warm water and chill in the fridge until needed.

You may eat in moderate amounts of your **WHITE DIET** until **3pm**. Only APPROVED CLEAR FLUIDS and the bowel preparation are allowed until after your procedure.

1. At **6pm** – start drinking the first litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished.
2. At **8pm** – start drinking the second litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished.
3. At **9am** **the morning of procedure** -start drinking the third litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished.This can be followed by 250mls of **CLEAR** liquid every hour until complete fast time.

**FAST COMPLETELY FROM 11am on the day of your procedure**

**WHITE DIET FOODS**

Milk, plain yoghurt, margarine/butter, vanilla ice cream/ lemon sorbet, white chocolate

Plain cream cheese, cottage cheese, ricotta cheese, tasty cheese, feta cheese
Egg whites, mayonnaise, white sauce, cream, sour cream
White rice/pasta/peeled potatoes, clear soup
White bread/toast, plain rice crackers, rice bubbles
Grilled white fish fillet, chicken breast (no skin)
Any desired fluid

**APPROVED CLEAR FLUIDS**

Water, clear broth, clear fruit juice (eg: apple and pear), plain jelly, black tea or coffee (no milk), sports drinks (Gatorade, Powerade, Hydralyte), carbonated drinks, barley sugar, clear fruit cordials. Moderate alcohol is allowed but this can dehydrate.
Avoid red and green food colouring.