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Preparation for Colonoscopy – THURSDAY MORNING

Please read this document carefully as the quality of your bowel preparation directly affects the accuracy of your test. If the colon is not adequately cleared, abnormalities in your colon may not be seen.

You will need to buy **PrepKit Orange**® from a chemist. This does not require a prescription. Inside the kit you will find:

- 2 sachets of PicoPrep Orange (20g), and
- 1 sachet of GlycoPrep Orange (70g)

7 DAYS BEFORE PROCEDURE

Stop oral iron supplement.

Dr Jideh will provide you with specific instructions on blood thinners and diabetes medication if you take these medications. It is important to follow this advice for your safety.

ON TUESDAY

Begin a Low Residue White Diet – see over page.

ON WEDNESDAY

You may eat, in moderation, from the list of Low Residue White Diet until 1pm.
Drink a glass of permitted clear fluids (see over page) during the day every 1-2hrs.

5pm PICOPREP: Dissolve 1 sachet of PicoPrep (20g) in 250mL water and drink straight followed by 2-3 glasses of permitted clear fluids.

8pm GLYCOPREP: Dissolve sachet of Glycoprep (70g) in 1L water and drink over the next hour or so. You may slow down the rate if you experience nausea. Follow-up with permitted clear fluids to keep hydrated.

ON THURSDAY

5am PICOPREP: Dissolve 1 sachet of PicoPrep (20g) in 250mL water and drink straight followed by 2-3 glasses of permitted clear fluids.

Drink a cup of permitted clear fluids every 1-2 hours until TWO HOURS before your procedure; you must be FASTED 2 hours before your procedure. Your bowel motions should be of clear liquid nature. If not, please advise the staff on arrival.

AFTER THE PROCEDURE

An adult must accompany and stay with you overnight. Please make sure this is arranged beforehand. You cannot drive yourself home. For the rest of the day, you should not operate machinery, handle sharp objects, or make important decisions. Just take it easy. You should be able to go to work the next day.

If you have any symptoms such as significant abdominal pain or bleeding, please contact Dr Jideh's office, your General Practitioner, the Endoscopy unit or present to Emergency.



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LOW RESIDUE WHITE DIET

Low residue diet limits food that takes a long time to digest and pass through the bowel. The Low Residue White Diet is comprised of white or cream-coloured low residue food (see below). You must begin this diet TWO days before your procedure. You may continue eating, in moderation, from the list of permitted food until 1pm the day before your procedure.

Low Residue White Diet Foods permitted:

- ✓ Milk (regular, low fat, skim), water, lemonade, soda or mineral water, and clear (not coloured) sports drinks
- ✓ White-coloured yoghurt (no added fruit or inulin), mayonnaise, cream, sour cream, butter and margarine, and oil for cooking
- ✓ Regular white bread/toast, rice bubbles cereal, and eggs
- ✓ White rice, regular pasta, potatoes (peeled), and rice noodles
- ✓ Plain rice crackers and white flour, sugar
- ✓ Chicken breast (no skin) and white fish fillet (no skin)
- ✓ Plain cream cheese, cheddar cheese, ricotta, fetta, cottage, parmesan or mozzarella cheese, and white sauce
- ✓ White chocolate, vanilla ice cream, lemonade ice-block (“icy-pole”), clear jelly, custard, and “milk bottles” (white confectionery)

Foods NOT permitted:

- ✗ Anything not listed above
- ✗ Other white-coloured foods such as pears, parsnip, cauliflower, onion, high fiber white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, and popcorn

PERMITTED CLEAR FLUIDS:

You may have fluids until TWO HOURS before your procedure then you must FAST.

- ✓ Water, lemonade, soda, or mineral water
- ✓ Light-coloured sports drinks or electrolyte replacement drinks (e.g. Gatorade, Powerade and Hydralyte)
- ✓ Apple juice, clear cordial
- ✓ Clear soup broth (e.g. Bonox)
- ✓ Tea or coffee (without milk)