



Bowel Preparation for Colonoscopy using Colocaps

HEPATOLOGY



GASTROENTEROLOGY

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Contents

You should have the following items in your bowel preparation kit:

- One bottle of Colocaps (65 capsules)

Preparation

Stock your pantry with items from the "Recommended Fluids" list ready to take when the bowel preparation begins the day before the procedure.

Put the Colocaps in a safe place until required. The Colocaps can be opened and dissolved in a glass of water if you find swallowing capsules difficult. Although the capsules can be taken one at a time, they are most easily swallowed as a "handful" of 5-10 capsules. The capsules quickly gel together in your mouth and feel like a mouthful of porridge which can be more easily swallowed than a single capsule.

Timing of the Bowel Preparation and Modified Diet

In the three days before the colonoscopy you will be asked to adhere to a "Modified Diet". The details of the diet are over the page but in simple terms we want you to exclude seeds and high fibre foods. These foods contain insoluble fibre which is not absorbed by the body and more bowel preparation is required to flush them out of the large bowel.

On the day before the colonoscopy you will be asked to start taking the Colocaps. Your starting times are listed over the page. These capsules usually cause profuse watery diarrhea between 1-4 hours of starting the preparation and in some people this diarrhea will continue for 12 hours. It is vital that you drink at least 3-5 litres of the "Recommended Fluids" which are listed over, during the bowel preparation. Vary the type of fluids you drink.

Improving your sense of wellbeing during the bowel preparation

You may feel "chilled", particularly in winter, after drinking lots of cold fluids which remove body heat as it passes through your body. You may find it helpful to warm the "Recommended Fluids" and wear warmer clothing. If you drink three to four litres of "Recommended Fluids" during the bowel preparation you will be less likely to experience headache, nausea and faintness. Gentle walking will reduce the feeling of bloating and fullness.

How will I know if the bowel is clear?

When the bowel is clear your bowel motions will look like concentrated urine with no solid particles present. If your bowel is not clear despite taking all the bowel preparation then drink another 1-2 litres of "Recommended Fluids". If your bowel is still not clear tell the staff at the Day Surgery Facility when you arrive. You may need an enema in the Day Surgery Unit.

Does it matter if the bowel is not clear?

If your bowel lumen is clean it is easier to navigate around the bowel loops and the procedure is safer. If the bowel wall is clean it is easier to identify lesions such as polyps.

PROCEDURE DATE

PROCEDURE DAY:

☐ St Andrew's Hospital Day Admission Unit

PRESENT TO: ☐ St Vincent's Hospital Entrance 2

AT:

Start the "Modified Diet" 3 days before colonoscopy on.....

MORNING LIST: Start the preparation the day before on.....

- 12.00 midday: This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.
- 3.30pm: Swallow the first 5 capsules. You should "wash down" these (and each lot of 10 capsules) by drinking a large glass- at least 350 ml- of "Recommended Fluids".
- 4.00pm: Take 10 more capsules and at least 350ml more to drink.
- 4.30pm: Take 10 more capsules and at least 350ml more to drink.
- 5.00pm: Take 10 more capsules and at least 350ml more to drink.
- 5.30pm: Take 10 more capsules and at least 350ml more to drink.
- 6.00pm: Take 10 more capsules and at least 350ml more to drink.
- 6.30pm: Take 10 more capsules and at least 350ml more to drink.
- 7.00pm: Drink at least one more litre (preferably two litres) of the "Recommended Fluids" over the next 2-4 hours.

The diarrhea has usually started by now and may continue for several hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation. This is the end of your bowel preparation if you are on the morning list. "Fast" from midnight but continue to drink plain water the following day until one hour before presenting to Day Surgery Facility.

AFTERNOON LIST: Start the preparation the day before on.....

- 12.00 midday: This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.
- 4.30pm: Swallow the first 5 capsules. You should "wash down" these (and each lot of 10 capsules) by drinking a large glass- at least 350 ml- of "Recommended Fluids".
- 5.00pm: Take 10 more capsules and at least 350ml more to drink.
- 5.30pm: Take 10 more capsules and at least 350ml more to drink.
- 6.00pm: Take 10 more capsules and at least 350ml more to drink.
- 6.30pm: Take 10 more capsules and at least 350ml more to drink.
- 7.00pm: Drink one litre of "Recommended Fluids" over the next 2 hours.

The diarrhea has usually started by now and may continue for hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation.

On the day of your colonoscopy

- 6.30am: Take 10 more capsules and at least 350ml more to drink.
- 7.00am: Take 10 more capsules and at least 350ml more to drink.
- 7.30am: Drink at least one more litre of the "Recommended Fluids" over the next hour.

Continue to drink plain water until one hour before presenting to the Day Surgery Facility.

THE "MODIFIED DIET"

- NO** fibre supplements (such as Metamucil or psyllium)
- NO** wholemeal or multigrain bread, buns and muffins
- NO** breakfast cereals
- NO** seeds (poppy , sesame, pumpkin)
- NO** passionfruit, Kiwi fruits, watermelon or grapes
- NO** celery, carrot or tomato solids.
- NO** dark coloured jellies or cordials

Eat anything else you like! If the food is not on this list you are free to take it.

THE "RECOMMENDED FLUIDS"

Ensure you drink a variety of fluids during the bowel preparation in order to replace not only the water you are losing but also the salts and to provide energy while you are not eating regular food.

WATER	LEMONADE	BONOX
BLACK TEA	APPLE JUICE	BEEF CONSOMME
SODA WATER	1/2 STRENGTH SPORTS DRINKS (eg light coloured Gatorade, Powerade)	CHICKEN NOODLE SOUP (strained)
MINERAL WATER	LEMON CORDIAL	
	JELLY (light coloured)	
	GINGER ALE	

"FASTING"

You will be asked to "fast" for an upper endoscopy (gastroscopy) and lower endoscopy (colonoscopy).

"Fasting" in this context means that you must not eat any food, bowel preparation fluid or "Recommended Fluids" that are not plain water for 6 hours before your procedure starts.

However it is important to maintain adequate hydration for these endoscopic procedures. You must continue to drink plain water up to 1 hour before presenting to the Day Surgery Facility (or in other words 2 hours before the start of your procedure). It is recommended to drink 1-2 glasses of water per hour in this time period.