



Bowel Preparation for Colonoscopy 3 litre lavage kit



GASTROENTEROLOGY

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Contents

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

- ▣ Four Colocap capsules
- ▣ Three yellow bisacodyl tablets
- ▣ One package of lavage preparation

Preparation

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

The lavage solution will need to be made up 6 hours before it is required. You will need a measuring jug and a large container that holds 3 litres or 3x1 litre containers. Mix the lavage powder with 3 litres of warm water and stir until dissolved. Allow to cool to room temperature and then chill for some hours in the refrigerator if desired.

Put the Colocaps and the bisacodyl tablets in a safe place until required. The Colocaps can be opened and dissolved in a glass of water if required.

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, bisacodyl tablets and the lavage solution. Your starting times are listed over the page. These medications 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 litres of the "Recommended Fluids", which are listed over, during the bowel preparation. Drink a variety of plain water, sugary and salty drinks.

Improving the taste

The lavage solution will taste better if it is chilled and drunk quickly. Drinking the solution through a straw or chewing gum helps some people disguise the taste.

Improving your sense of wellbeing during the bowel preparation

You may feel "chilled", particularly in winter, after drinking the preparation which removes body heat as it passes through your body. You may find it helpful to drink hot 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 Unit 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:

PRESENT TO: St Andrew's Hospital Day Admission Unit
 St Vincent's Hospital Entrance 2 AT:

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

MORNING LIST: The day before your colonoscopy on make up your lavage solution and follow the schedule below.

- 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.
- 4.00pm: Take the 3 bisacodyl tablets and the four Colocaps with a large glass of water.
- 6.00pm: Start drinking the lavage solution. Drink the solution at the rate of one glass every 10-15 minutes. Drink all 3 litres of lavage solution tonight. The solution should be drunk at a rate of 1 litre per hour and take a 30 minute break between each of the 3 litres of solution.
- 7.00pm: 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
- 9.00pm: You will be finishing drinking the lavage solution now. Drink another 1-2 litres of "Recommended Fluids" before going to bed. "Fast" from midnight, so no further food or drinks except plain water. Wake early and drink plain water up to an hour before presenting to your Day Surgery Facility.

AFTERNOON LIST: The day before your colonoscopy on make up your lavage solution and follow the schedule below.

- 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.
- 5.30pm: Take the 3 bisacodyl tablets and the four Colocaps with a large glass of water.
- 6.30pm: Start drinking the lavage solution. Drink the solution at the rate of one glass every 10-15 minutes. Drink 2 litres of the lavage solution tonight.
- 7.30pm: 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.
- 9.00pm: You will be finishing the 2 litres of lavage solution now. Drink another litre of "Recommended Fluids" before going to bed.

The day of the colonoscopy

- 6.00am: Drink the last litre of the lavage preparation.
- 7.00am: Drink one more litre of "Recommended Fluids" over the next hour.
- 8.00am: Take no more food or fluids except for plain water. Keep drinking plain water (2 glasses/hour) up to midday (or 1 hour before presentation 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.