

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation. Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.

Please follow the instructions below to ensure an effective bowel prep is achieved.

### ***Diacol – Preparation instructions***

(please read instructions thoroughly before commencing prep)

Procedure Date \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Approx. Procedure time: \_\_\_\_\_

**5 DAYS PRIOR TO YOUR PROCEDURE** on ..... commence low fibre diet (see attached) and cease any medications *mentioned on attached diet sheet*.

**THE DAY BEFORE YOUR PROCEDURE** on.....

**From Midday onwards consume clear fluids only until after your procedure. (i.e. No solid foods to be consumed)** (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.)

**IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING.**

**YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.**

**IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.**

### **IF YOUR PROCEDURE IS BETWEEN 9AM AND 11AM**

***The day before your procedure:***

**5:00PM:** Take 4 tablets with 250mls of water. Follow this step every 15 minutes until 20 tablets have been taken in total. This means that you will have your fifth and final dose at about 6:00PM.

**Continue drinking clear fluids. Try to drink at least 1 glass every half hour to remain hydrated. (In addition to water you are encouraged to also include other fluids from the list above)**

***The morning of your procedure:***

**5:00AM:** Take 4 tablets with 250mls of water. Follow this step every 15 minutes until 12 tablets have been taken in total. This means that you will have your third and final dose a about 5:30AM.

**Continue drinking clear fluids. (as above) until 4 hours prior to your appointment time. You should therefore remain nil by mouth from \_\_\_\_\_ until after your procedure.**

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### **IF YOUR PROCEDURE IS AFTER 11AM**

***The day before your procedure:***

**7:00PM:** Take 4 tablets with 250mls of water. Follow this step every 15 minutes until 20 tablets have been taken in total. This means that you will have your fifth and final dose at about 8:00PM.

**Continue drinking clear fluids. Try to drink at least 1 glass every half hour to remain hydrated. (In addition to water you are encouraged to also include other fluids from the list above)**

***The morning of your procedure:***

**7:00AM:** Take 4 tablets with 250mls of water. Follow this step every 15 minutes until 12 tablets have been taken in total. This means that you will have your third and final dose a about 7:30AM.

**Continue drinking clear fluids. (as above) until 4 hours prior to your appointment time. You should therefore remain nil by mouth from \_\_\_\_\_ until after your procedure.**

**NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.**

*Your bowel motion should have the **appearance of urine, and be free of any particles.** If you think your motion is 'dirty', or if you are unsure, please telephone the hospital you are attending.*

N.B. If you feel nauseated or bloated stop taking the prep and wait for this to pass before recommencing. If you vomit contact the hospital you are attending as soon as possible and you may be asked to come into hospital early.  
(see admission registration form for this information or if necessary the clinic after hours number: 3261 9570)