



Dr Jong Woo
Specialist General Surgeon

Suite 15, 247 Ryedale Rd
Eastwood 2122

12 Mary St
Auburn 2144

T: 02 9874 9002

F: 02 9874 5543

Info@drjongwoo.com.au

Preparation for the procedure

The colon must be completely clean for the procedure to be accurate and complete, so be sure to follow your instructions carefully otherwise you may need to have the test again.

- **One week prior to the colonoscopy:** Cease any iron tablets. All other essential medications should be taken throughout the preparation period. Maintain a normal diet but please avoid eating any foods containing large amounts of seeds e.g. grapes, passionfruit, wholegrain bread etc.
- **Two days prior to the colonoscopy:**
You may have a normal diet, but endeavour to increase your fluid intake as much as possible. If your bowels have not opened on that day take a mild laxative that evening e.g. Epsom Salts (1 teaspoon in a glass of water) etc.
- **One day prior to the colonoscopy:**
From the time of waking you may have **CLEAR FLUIDS ONLY** – that is no milk and only fluids containing no solid food particles.
Clear fluids may include fruit juice, soft drinks, cordial, black tea or coffee, bonox, strained soups and jellies. Please try to drink as much fluid as you can comfortably handle.

The bowel cleansing agent is called **PICOPREP (usually three sachets)**, available over the counter at your local pharmacy.

In the afternoon on the day prior to the test, at 3pm take the first sachet of **PicoPrep** followed by a litre of clear fluids. Continue drinking clear fluids at least a glass per hour – the more you drink the better.

At 6pm take the second sachet of Picoprep followed by another litre of clear fluids. Continue drinking clear fluids – the more you drink the better.

You then take the final sachet of Picoprep at around 9pm. You may continue to have clear fluids up until 6 hours before the procedure is done.

Please note: The above times may vary due to your admission time to your hospital on the day. Hospital staff will advise any adjustments when you are contacted with your admission instructions.