



Getting Ready for a Colonoscopy



Getting ready for a **colonoscopy** is important. It helps the doctor see inside your bowel clearly to find any problems. If your bowel is not empty, the test might need to be done again



When you start your bowel preparation you will need to go to the toilet a lot. You might get diarrhoea. This is normal.



Stay near a toilet when you start your bowel prep. If you have any problems, call the hospital for help on 01225 821425.





Seven days before the test, stop taking iron tablets. Keep taking your other medicines as normal



Three days before the test, stop taking some medicines like codeine. These can make it hard to empty your bowel.



Two days before the test, eat only foods from the 'allowed' list. Drink lots of clear drinks like water or fizzy drinks.



Allowed food:

Fruit flavoured yoghurt (no fruit chunks)

Lean meat, poultry, ham, fish

Potatoes- boiled, mashed, roast or chips (no skins)

Well cooked carrots, turnip or swede

Soft tinned fruit in natural juice

Jelly (not red)

White bread, white rice and pasta

Eggs

Water biscuits, cream crackers, Rich

Tea biscuits, plain sponge cake

Plain scone (no fruit)

Jam (not red), marmalade, honey



Foods not allowed:

All fruit and vegetables not listed above

Beef burgers, sausages, faggots

Sausage rolls, pasties, pies and pastries

Jacket potatoes, baked beans

Cheese, milk, butter, margarine, oils

Wholemeal bread, brown rice

Thick vegetable soup



If you take certain medications like ACE inhibitors or NSAIDs, stop them the **day before your test**. You can start taking them again after the test.



Eat a light lunch at 12pm from the list of allowed foods. This is your last meal before the test.

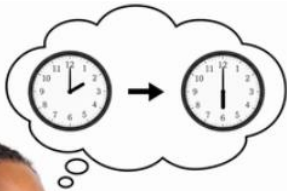


At 1pm drink a large glass of water or clear fruit squash.



At 2pm, mix a sachet of **Picolax** in water.

Picolax can make your drink hot, so
check it has cooled down before drinking it



Drink a glass of water every hour between
2-6pm.



At 6pm, dissolve half of the second
Picolax sachet in water and drink it.



The next morning, between 6-7am,
dissolve the remaining half sachet of
Picolax in water and drink it.



You can drink water or clear fruit squash
up until 2 hours before your test.



Remember, following these steps helps
make sure the test goes well. It helps the
doctor see inside your bowel clearly.



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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.