

## COLONLYTELY

# BOWEL PREPARATION PRIOR TO COLONOSCOPY

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Please obtain **4 sachets of Colonlytely (68.5g)** from your pharmacy. This is an over-the-counter medication and you do not require a prescription.



Please follow these instructions, not the instructions on the box/packet.

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**You must not consume nuts, wholegrain bread, seeds, e.g., sesame and poppy seeds, legumes, grains or pips for five days prior to your colonoscopy.**

**WHITE DIET:** The white diet is a very low residue diet that allows patients to eat solid foods on the day prior to colonoscopy. Please adhere to the diet strictly for breakfast and lunch the day prior to your colonoscopy.

#### **FOODS ALLOWED:**

- Water, mineral water, lemonade, soda water, clear soup, tea, coffee
- Egg whites, cheese, butter, mayonnaise, cream, white sauce, cheese spread, sour cream
- White rice, white pasta, peeled potatoes, rice bubbles, white bread, plain rice crackers
- Skinless chicken breast, white fish

#### **FOODS TO BE EXCLUDED:**

- Other white foods including pears, parsnip, cauliflower, onion, high fibre white breads, tofu, coconut, porridge, banana, mushrooms, chewing gum, semolina, couscous, popcorn
- Alcohol

#### **APPROVED CLEAR FLUIDS:**

- Water, clear fruit juices (apple/pear), black tea or coffee (no milk/soy), Lucozade, lemonade, plain jelly (lemon, lime, orange, mango), clear fruit cordials

Please avoid any fluids with red or purple food colorings. Drink liberal amounts of clear liquid before, during and after taking the preparation.

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**MEDICATIONS:** Please cease any iron supplements and antidiarrheal drugs five days prior to your procedure. You should continue with other regular medication.

**BLOOD THINNERS:** If you are on blood thinners, please discuss with the practice nurse ([nurse.egs@gmail.com](mailto:nurse.egs@gmail.com)) or your gastroenterologist whether this should be ceased prior to your procedure. If you are on aspirin, you should continue with this medication.

**DIABETES:** If you are on any medication for diabetes, please discuss management of your diabetes with your gastroenterologist or practice nurse ([nurse.egs@gmail.com](mailto:nurse.egs@gmail.com)).



## COLONLYTELY

### STEP BY STEP PROCESS

### TICK WHEN COMPLETED

FIVE DAYS PRIOR	Avoid all foods containing seeds, e.g., sesame and poppy seeds, nuts, wholegrain bread, legumes, grains or pips. Please cease any iron supplements and antidiarrheal from today.	
IN THE MORNING, ONE DAY PRIOR	Add all four Colonlytely sachets to 4 litres of water. Cool in the refrigerator if preferred. You can separate this into four different 1 litre jugs. Have breakfast and lunch, carefully following the white diet, then stop all foods after lunch. You should continue to have approved clear fluids.	
FIRST DOSE : <b>3L of COLONLYTELY BETWEEN 6:00 PM &amp; 9:00 PM DAY BEFORE</b>	Drink the Colonlytely mixture at a rate of approximately 1 litre per hour. Only drink 3 litres at this time and leave the remaining 1 litre for tomorrow. This will induce diarrhea after a short time. Once you have consumed all 3 litres, please continue to drink clear fluid as desired. You may take Panadol if you develop a headache while taking the preparation.	
SECOND DOSE: <b>1L of COLONLYTELY COMMENCE 3 HOURS BEFORE ADMISSION and must be completed 2 HOURS BEFORE ADMISSION</b>	Start drinking the remaining 1 litre of Colonlytely 3 hours before admission and this must be completed at least 2 hours before admission. Do not consume anything further by mouth, other than your usual medications which can be taken with a sip of water.	
DAY OF PROCEDURE	Today is your procedure. A reminder to consume no food, only clear fluids. <b>Please cease all fluids two hours prior to your admission time</b> , other than your usual medications which can be taken with a sip of water. (apart from any diabetes or blood thinners you were asked to withhold)	

Note: The dose times above can be brought forward one hour earlier should you find it more suitable, e.g. 5:00 pm first dose, 7:00 pm second dose, 9:00 pm third dose. Your last dose must be completed 2 hours before your admission time.