

### **COLONOSCOPY PREPARATION: 360 HEALTH PROCEDURE FOR COLONOSCOPY**

Pick up your oral bowel preparation Colon Cleanse from 360 Health located at Whole Health Earlville at Barr St Markets, 1 Barr Street (Cnr Bruce High & Barr St), Earlville Qld 4870. Carefully follow the instructions below on how to mix the solution and when to take it.

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

### **THREE DAYS PRIOR TO THE COLONOSCOPY**

Please avoid the following \* brown bread \* high fibre \* vegetables \* fruit \* any food containing nuts or cheese

### **PLEASE DRINK AT LEAST 12 GLASSES OF WATER OR APPLE JUICE EACH DAY**

Please choose from the following menu.

#### **BREAKFAST**

\* Clear fruit juice (apple or pear) \* Cornflakes or rice bubbles with milk \* Eggs \* White bread or toast with butter, margarine, honey or vegemite

#### **LUNCH**

\* Clear fruit juice (apple or pear) \* Clear chicken soup \* White bread sandwich with any of these fillings – chicken, beef, fish, egg \* Stewed or tinned fruit without skin \* Tea and coffee (milk and sugar allowed)

#### **DINNER**

\* Clear fruit juice (apple or pear), ginger ale, tea, coffee \* Steamed or grill lean meat: chicken, fish, lamb or beef \* Mashed or boiled peeled potatoes, peeled pumpkin, peeled choko \* White rice or plain noodles or white pasta \* Stewed or tinned fruit (without skins) with ice cream 2 SNACKS \* Tea, coffee, apple or pear juice, lemonade \* Plain biscuit (eg Jatz, milk arrowroot, Sao), plain sponge cake, crumpet, yoghurt, custards or plain jelly

### **ONE DAY PRIOR TO THE COLONOSCOPY**

You can go to work on this day.

### **CLEAR FLUIDS ONLY ALL DAY. NO SOLID FOODS, MILK PRODUCTS OR ALCOHOL ARE ALLOWED.**

**Approved Clear Fluids** \* Water \* Apple or pear juice \* Plain jelly (light colours) \* Bonox \* Black tea or coffee \* Lucozade \* Gatorade \* Staminade \* Carbonated drinks \* Barley sugar drink \* Clear broth \* Lime or lemon cordial

Do not eat jelly or drink fluids with red, green or purple colouring

**Drink at least 3 litres of approved fluids PLUS the preparation liquids below.**

**9.00am FIRST DOSE OF ORAL BOWEL PREPARATION** Add 1 teaspoon of the Colon Cleanse to one glass (250ml) of cold juice or cordial, stir and drink. This should be followed by a drink from any of the approved clear fluids (above). After a short time the preparation will cause a soft bowel movement.

**12.00pm SECOND DOSE OF ORAL BOWEL PREPARATION** If you have not had a bowel movement between 9.00am and 12.00pm, add 1 teaspoon of the Colon Cleanse to one glass (250ml) of cold juice or cordial, stir and drink. This should be followed by a drink from any of the approved clear fluids (above). After a short time the preparation will cause a soft bowel movement.

**5.30pm EVENING DOSES OF ORAL BOWEL PREPARATION** Every hour, add 1 teaspoon of the Colon Cleanse to one glass (250ml) of cold juice or cordial, stir and drink. This should be followed by a drink from any of the approved clear fluids (above). After a short time the preparations will cause multiple bowel movements, resulting in diarrhoea and watery stools. Continue to take the Colon Cleanse until your bowel movements are clear liquid. Increase dosage to 2 teaspoons every hour if necessary to achieve clear liquid bowel movements.

From the time you start at the preparations at 5.30pm pm do not leave the house and stay close to the bathroom.

**IT IS IMPORTANT TO KEEP DRINKING THE APPROVED CLEAR FLUIDS UNTIL THE FASTING TIME. THE REQUIRED FASTING TIME IS 6 HOURS PRIOR TO YOUR PROCEDURE. FASTING MEANS NOTHING TO EAT, DRINK, SUCK OR CHEW.**

**DAY OF THE COLONOSCOPY** Drive to 360 Health. Please arrive 15 minutes prior if you haven't pre completed the Client Intake Form. The colonic will take approximately 30-45 minutes, afterwards drive to the surgery where you will be having your colonoscopy. Because of the medication you will receive during the colonoscopy, someone must drive you home. For the remainder of the day, you will be required to rest at home and not operate a vehicle.