

START 3 DAYS PRIOR

Commence on Tuesday if procedure on a Friday

Commence on Friday if procedure on a Monday

Commence on Sunday if procedure on a Wednesday

Low Residue Diet prior to Colonoscopy

FOOD GROUPS	<u>FOODS TO EAT</u>	<u>FOODS NOT TO EAT</u>
MEATS	Tender lean meat-not stringy Beef, Lamb, Lean Pork, Fillet of Chicken, Fish Shellfish-Oysters, Calamari Scallops, Crab, Canned fish in brine, not oil.	Fried or fatty meat. Fat on meat Fat on meat, skin on Chicken, Rich gravy or sauce. Anything crumbed, spiced or seasoned. Sausage or Salami.
EGGS	Boiled, poached, scrambled eggs. Omelet.	Fried eggs
FATS, OILS	Butter or Marg. 2tspns/day	Cream, Mayonnaise.
DAIRY/CHEESES	Fat reduced-skim, trim milk. Flavored milk, plain Yoghurt, Milk puddings, Custard. Lite cheeses and Cream. Cottage or Ricotta cheese.	Full cream milk. Fruit yoghurt. Rich, fatty cheese. Blue or mouldy cheese.
BREAD/CEREALS	White bread only. Rice Bubbles, Cornflakes Special K. White rice, noodles.	Wholemeal or Multigrain Bread. Rolled Oats, Weetbix, Muesli, Brans.
BISCUITS	Saos or Water crackers. Milk arrowroot biscuits. White scones, Pikelets.	Dried fruit, nuts or Coconut.
VEGETABLES	No skins , Potato, Pumpkin Carrot, Marrow, Frozen beans Zucchini, Pureed tomato.	All other vegetables and salads.
FRUIT	No skins , Melon, Paw Paw, Rockmelon, Banana, Peach Canned/ pureed Apple, Peach or Pear. Strained juice.	All other fruit, fresh, dried, Unstrained juice. Unpureed fruits.
CONDIMENTS	Strained jam, honey, vegemite. Tomato, Soy or Worchester Sauce. Salt, pepper, herbs, Vinegar. Oil strained dressings.	Peanut butter, Relish, Pickles, Chutney, rich fatty sauces.
BEVERAGES	Tea or Coffee (not strong), Low fat milk, Bonox, Bovril, Soft drink, Diet cordials.	Alcohol
SOUPS	Strained or pureed soups.	Soup with "bits", Unpureed

1 DAY PRIOR

Commence on Thursday if procedure on a Friday
Commence on Sunday if procedure on a Monday
Commence on Tuesday if procedure on a Wednesday

INSTRUCTIONS FOR **PICOPREP**

1. On the day **PRIOR TO THE PROCEDURE** drink clear, sugar-free fluids only. (examples are, clear soup, black coffee, black tea, sugar-free jelly, sugar-free cordial, sugar-free soft drinks, clear apple juice). **NO SOLID FOOD. NO RED FLUIDS.**
2. **At 2pm** dissolve entire contents of one sachet of PicoPrep in a glass of warm water. Chill in fridge.
3. **At 3pm drink Picoprep.**
4. Followed by drinking at least 1 litre of water.
5. **At 5pm** dissolve entire contents of the second sachet of PicoPrep in a glass of warm water. Chill in fridge.
6. **At 6pm drink Picoprep,** followed by another litre of water.

***Drink clear fluids up to 2 hours prior to your admission time. NIL BY MOUTH 2 hours prior.** It is important to keep a good intake of fluid to prevent dehydration.

PicoPrep produces a watery stool and cleanses the bowel prior to examination.

The first bowel motion should occur approximately 2 – 3 hours after administration.