

Preparation for your Colonoscopy (ColonLYTELY)

Why do I need to do this?

Your large intestine should be devoid of faecal material with only clear or slightly murky fluid remaining. If your bowel is not free of all stools before the procedure, polyps and cancerous lesions can be missed. The colonoscopy may also take longer with increasing risk of complications as the camera views may be partially obscured by faeces. If the bowel preparation quality is poor, then the procedure may need to be repeated or rescheduled.

What can I eat or drink before the procedure?

To ensure good bowel preparation, a strict diet should be followed before the procedure as follows:

For a few days before the colonoscopy, you should start eating a “**low-fibre (low residue) diet**” which includes no wholegrains, nuts, seeds, dried fruit, or raw fruits or vegetables. Fruit juices, white bread, refined breakfast cereals, meat and dairy foods are allowed. You should not be drinking alcohol or beverages containing red or purple dye.

On the day before the colonoscopy procedure, you should ideally not eat any solid food for best bowel preparation results. Instead, you should only consume clear liquids like clear broth or bouillon, black coffee or tea, clear juice, sports drinks, popsicles, strained soups, plain jelly, clear fruit cordial (no red/purple colourings), etc.

On the day of the colonoscopy, you remain on clear liquid diet only. You should drink plenty of liquids to stay hydrated, even if you don't feel especially thirsty.

* Do not eat or drink anything **for two hours before** the procedure.

What medications do I need to stop taking?

Iron medications produce dark black stools and this makes the view inside the bowel appear dark and there may be an increased risk to the procedure in this setting due to reduced visibility. You should therefore stop taking iron tablets for 5 days before your colonoscopy.

Certain medications such as Ticagrelor, Clopidogrel, Prasugrel, Dabigatran, Apixaban, Rivaroxiban, Warfarin or other non-reversible blood thinning medications can cause increased risk of bleeding if large polyps are removed during your colonoscopy. The following medications should be ceased prior to your procedure (unless instructed by your specialist otherwise):

- Ticagrelor- Stop taking for 7 days prior
- Clopidogrel- Stop taking for 7 days prior
- Prasugrel- Stop taking for 7 days prior
- Dabigatran- Stop taking for 2 days prior
- Apixaban- Stop taking for 2 days prior
- Rivaroxiban- Stop taking for 2 days prior
- Warfarin- Stop taking for 5 days prior

How do I prepare the laxatives?

A strong laxative (called **ColonLYTELY**) will need to be taken and will generally start on the evening before the day of colonoscopy (**typically 12-18 hours prior**) which will loosen the stools and increase bowel movements.

ColonLYTELY solution is prepared by dissolving the contents of one sachet in one litre of water (or mix with clear fruit cordial to improve palatability). It is also recommended that you keep the solution chilled prior to drinking. You will need to repeat this process until at least 3-4 litres of the solution is made.

* If mixing with cordial, you need to make sure that there is no red/purple colouring.

Instructions for Patients:

- Ideally, no solid food should be consumed on the day before your colonoscopy.
- You must not eat any solid foods (and ideally take little or no fluid orally) within 2-3 hours of taking **ColonLYTELY**.
- Start drinking the **ColonLYTELY** solution at 6pm in the evening prior to the day of your procedure.
- Prepare the solution according to the instructions on the sachet. Gradually drink a cupful (about 250 mL) every 10 minutes. The first bowel movement should occur approximately one hour after the start of **ColonLYTELY** administration.
- You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occur, stop drinking for a while, or drink each portion at longer intervals until these symptoms disappear.
- Continue drinking until the watery motions are clear and free of solid matter. This usually requires at least 3-4 litres, and it is best to drink all of the solution. Any unused remaining portion should be discarded.
- You should continue to drink water or clear fluid upto 2 hours before your procedure in order to stay hydrated.