

# Colonoscopy prep sheet

Version 2015.1

If in doubt, call us at 96317065

18/6 - 19/6		20/6	21/6	
Day (-3) Low residue diet	Day (-2) Low residue diet	Day (-1) Fluid diet & Bowel preparation	The day! Colonoscopy	
For these two days, you should have diets that are void of fibres, to reduce the amount of poo accumulating in the colon. The following is a guide of what you should stop eating, and what are OK to have.		One day to go, and they call it the liquid day. But that's no reason to starve yourself, as you still have plenty of choices.	It's your big day!	
		The bowel preparation solution should be taken in the evening. Please follow the instructions provided to you along with the medication.		
		Drink Laxative at 6pm		
<div><div>OK</div><div><ul style="list-style-type: none"><li>White bread, White rice, Pasta</li><li>Ground/tender meat, fish, eggs, poultry</li><li>Butter, mayonnaise, dressings, milk chocolate</li><li>Milk, plain yogurt, ice cream, ice pops</li><li>Broths, pulp-free juices, tea, coffee, soft drinks</li></ul></div></div>	<div><div>NOT OK</div><div><ul style="list-style-type: none"><li>Vegetables, fruits, nuts, beans, peas</li><li>Whole grain breads, corn bread, muffins</li><li>Tough meat, gristle</li><li>Fruit yogurt, hard cheeses</li><li>Peanut butter, chocolate with nuts</li><li>Juices with pulp</li></ul></div></div>	<div><div>OK</div><div><ul style="list-style-type: none"><li>Congee</li><li>Broths</li><li>Plain coffee &amp; tea, soft drinks, honey, pulp-free juices</li><li>Ice pops, candies</li></ul></div></div>	<div><div>Not OK</div><div><ul style="list-style-type: none"><li>All restrictions on low residue diet still apply</li><li>Breads, pasta</li><li>Meat, fish, eggs</li><li>Milk and dairy products</li></ul></div></div>	<ul style="list-style-type: none"><li>Come on an empty stomach (i.e. no food, no drinks from midnight)</li><li>Please don't wear any jewellery. Loose fit clothing preferred.</li><li>Please refrain from driving to the examination centre.</li><li>Please bring along a companion.</li><li>You should take a whole day off from work, despite the short duration of the examination. A written certification will be provided to you if required by your employer.</li></ul>

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