

Colonoscopy prep sheet

Version 2015.1

If in doubt, call us at 96317065

18/6 - 19/6	20/6	21/6								
<p>Day (-3) Low residue diet</p>  <p>Day (-2) Low residue diet</p> 	<p>Day (-1) Fluid diet & Bowel preparation</p> 	<p>The day! Colonoscopy</p>								
<p>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.</p> <table border="1"> <thead> <tr> <th><u>OK</u></th><th><u>NOT OK</u></th></tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> White bread, White rice, Pasta Ground/tender meat, fish, eggs, poultry Butter, mayonnaise, dressings, milk chocolate Milk, plain yogurt, ice cream, ice pops Broths, pulp-free juices, tea, coffee, soft drinks </td><td> <ul style="list-style-type: none"> Vegetables, fruits, nuts, beans, peas Whole grain breads, corn bread, muffins Tough meat, gristle Fruit yogurt, hard cheeses Peanut butter, chocolate with nuts Juices with pulp </td></tr> </tbody> </table>	<u>OK</u>	<u>NOT OK</u>	<ul style="list-style-type: none"> White bread, White rice, Pasta Ground/tender meat, fish, eggs, poultry Butter, mayonnaise, dressings, milk chocolate Milk, plain yogurt, ice cream, ice pops Broths, pulp-free juices, tea, coffee, soft drinks 	<ul style="list-style-type: none"> Vegetables, fruits, nuts, beans, peas Whole grain breads, corn bread, muffins Tough meat, gristle Fruit yogurt, hard cheeses Peanut butter, chocolate with nuts Juices with pulp 	<p>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.</p> <p>The bowel preparation solution should be taken in the evening. Please follow the instructions provided to you along with the medication.</p> <p>Drink Laxative at 6pm</p> <table border="1"> <thead> <tr> <th><u>OK</u></th><th><u>Not OK</u></th></tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> Congee Broths Plain coffee & tea, soft drinks, honey, pulp-free juices Ice pops, candies </td><td> <ul style="list-style-type: none"> All restrictions on low residue diet still apply Breads, pasta Meat, fish, eggs Milk and dairy products </td></tr> </tbody> </table>	<u>OK</u>	<u>Not OK</u>	<ul style="list-style-type: none"> Congee Broths Plain coffee & tea, soft drinks, honey, pulp-free juices Ice pops, candies 	<ul style="list-style-type: none"> All restrictions on low residue diet still apply Breads, pasta Meat, fish, eggs Milk and dairy products 	<p>It's your big day!</p> <ul style="list-style-type: none"> Come on an empty stomach (i.e. no food, no drinks from midnight) Please don't wear any jewellery. Loose fit clothing preferred. Please refrain from driving to the examination centre. Please bring along a companion. 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.
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