

Grampians Health Stawell is a Smoke Free Site.

Staff and visitors are not permitted to smoke on any hospital grounds. Patients who have the written permission of their treating doctor may continue to smoke in the designated smoking area. Patients who require supervision while smoking will need to be accompanied by a friend or relative.

Staff may assist patients to the designated smoking area but are not permitted to stay due to the health risks associated with passive smoking.

Evaluation:

The hospital relies on receiving direct feedback from you to assist us to continually improve the standard of care we provide. After discharge the hospital or the Department of Health may ask you to assess your hospital stay. Your responses are anonymous and confidential and the information received assists us a great deal. Thank you



**INSTRUCTIONS FOR COLONOSCOPY
PREPARATION WITH PICOLAX**

BOWEL PREPARATION

**If you have problems which
concern you, please contact your
local doctor or ring:**

**G.P. Stawell Medical Centre:
5358 1410**

**G.P. Patrick Street Clinic:
5358 7555**

**A/H Grampians Health Stawell:
5358 8500**

Please read the instructions carefully – Do not exceed recommended dosage, as serious side effects may occur. Please ignore the instruction leaflet supplied with Picolax.

NB: If you are taking medication (including Aspirin or products containing Aspirin), consult your Doctor for additional instruction before beginning this procedure. If you are taking iron tablets, stop these one week before the procedure.

TWO DAYS BEFORE THE PROCEDURE – COMMENCE LOW RESIDUE DIET. (See over page)

Website: <http://www.srh.org.au>

12/2011, 06/2012, 12/2013, 04/2017, branding only 02/2024

Office use:
S:\bases\Flyers\WARDS\Colonoscopy\2017-04-27 Colonoscopy Bowel Preparation Instructions.doc

PATIENT INFORMATION

CHOOSING A LOW RESIDUE DIET

The low residue diet is aimed at reducing both the dietary fibre and the intestinal residue to a minimum. This diet is often used before and after bowel surgery and for patients with gastrointestinal disturbances or gastroenteritis.

NB: This diet is not nutritionally adequate and should not be used for more than three days without vitamin and mineral supplements.

Foods to Choose from:

Breads and Cereals	White bread, refined cereals (e.g. Cornflakes, Special K, Rice Bubbles), white rice, spaghetti, noodles, plain biscuits, low fat milk and cakes
Vegetables	Clear or strained juices, well cooked, peeled Pumpkin or Potato.
Fruits	Clear or strained fruit juices (no prune juice), stewed apples and pears.
Desserts	No milky desserts, jelly only. Low fat plain yoghurt.
Meats	Lean meat, fish, chicken or eggs (boiled or poached), no fried or fatty meats, avoid all pulses, lentils and baked beans.
Beverages	Coffee, tea, mineral and soda water, plain water, cordial, clear broths, soft drinks.
Miscellaneous	Butter, Margarine, honey, vegemite, sugar, boiled lollies, barley sugar, salt, pepper, gravy.

PLEASE TAKE 1 DULCOLAX (BISACODYL) TABLETS THIS EVENING, 7PM.

No prescription is required for Dulcolax and Picolax and may be purchased from the chemist shop.

THE DAY BEFORE THE PROCEDURE:

1. You may have very light breakfast but from then on solid foods, milk or milk products are not allowed.
2. **At about 12.00pm add one sachet of Picolax to 250ml of cool water**, stir until fizzing stops and then drink gradually but completely. Follow with one glass (250ml) of **Approved Clear Liquids***.

Throughout the day drink only **Approved Clear Liquids***.

- Strained fruit juices without pulp (apple, white grape, orange)
- Water
- Clear broth or Bonox
- Coffee or tea (without milk or non-dairy creamer).

And all of the following which are **not coloured red or purple:**

- Staminade or Exceed
- Soft drinks
- Fruit flavoured cordials
- Jelly (without added fruits or toppings)
- Clear ice blocks.

3. **At approximately 6.00pm add one sachet of Picolax to 250ml of cool water**, stir until fizzing stops and then drink gradually but completely. Follow with one full glass (250ml) of **Approved Clear Liquid***.

**** Please ensure you drink adequate fluids to prevent dehydration and to ensure your bowel is clean for your procedure****

****Seek medical attention if you experience any signs of severe dehydration, such as excessive thirst, dizziness, confusion and decreased urine output or dark coloured urine.****

THE DAY OF THE PROCEDURE:

1. DO NOT HAVE ANYTHING TO EAT YOU MAY DRINK UP TO 2 HOURS PRIOR TO ADMISSION.

2. Arrive at Grampians Health Stawell at your given time.