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## COLONOSCOPY

### Bowel Preparation

- For your colonoscopy you will be required to undergo a bowel preparation regime. The aim of this is to clear out the bowel so that the colon is clear of any material to best allow inspection of the lining of the colon

2 days prior to procedure: Commence a low fibre diet:

- STOP eating fruit, vegetables, wholegrain bread, high fibre cereal and anything with seeds or nuts. Avoid fibre supplements such as metamucil or normacol.
- You MAY eat; rice bubbles, white bread, poached chicken, steamed fish, eggs, cottage cheese, white rice, white bread
- Drink lots of fluids

1 day prior:

- CLEAR FLUID DIET ONLY; Fruit juices (apple, pear, grape), plain jelly, black tea or coffee, clear soup (broths), lemonade, hydralite
- AVOID milk or cloudy drinks



- Examples for bowel regime (for a MORNING Colonoscopy)

Example: Thursday MORNING Colonoscopy	
Tuesday (all day)	Low residue/Low fibre diet
Wednesday (all day)	Clear fluid intake only all day
Wednesday (evening prep)	PICO prep (1 sachet) 4pm PICO prep (1 sachet) 6pm PICO prep (1 sachet) 8pm
Then FAST from midnight 24:00	

- Examples for bowel regime (for an AFTERNOON Colonoscopy)

• Example: Thursday AFTERNOON Colonoscopy	
• Tuesday (all day)	• Low residue/Low fibre diet
• Wednesday (all day)	• Clear fluid intake only all day
• Wednesday (evening prep)	• PICO prep (1 sachet) 6pm • PICO prep (1 sachet) 8pm
• Thursday morning	• PICO prep (1 saceht) at 6am
• Then FAST from 6am Thursday morning	

### Enquiries:

Call the office of Dr Gett (02 8382 6675)

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