

COLONOSCOPY PREPARATION: DIACOL (CAPSULES) AFTERNOON PROCEDURE

Please buy from the chemist: DIACOL.

There are 32 tablets in total. Carefully follow the instructions below on how to mix these solutions

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated

THREE DAYS PRIOR TO THE PROCEDURE

Please avoid the following:

- brown bread
- high fibre
- vegetables
- fruit
- any food containing nuts or cheese

PLEASE DRINK AT LEAST 12 GLASSES OF WATER OR APPLE JUICE EACH DAY

Please choose from the following menu:

BREAKFAST

- Clear fruit juice (apple or pear)
- Cornflakes or rice bubbles with milk
- Eggs
- White bread or toast with butter, margarine, honey or vegemite

LUNCH

- Clear fruit juice (apple or pear)
- Clear chicken soup
- White bread sandwich with any of these fillings – chicken, beef, fish, egg
- Stewed or tinned fruit without skin
- Tea and coffee (milk and sugar allowed)

DINNER

- Clear fruit juice (apple or pear), ginger ale, tea, coffee
- Steamed or grill lean meat: chicken, fish, lamb or beef
- Mashed or boiled peeled potatoes, peeled pumpkin, peeled choko
- White rice or plain noodles or white pasta
- Stewed or tinned fruit (without skins) with ice cream

SNACKS

- Tea, coffee, apple or pear juice, lemonade
- Plain biscuit (eg Jatz, milk arrowroot, Sao), plain sponge cake, crumpet, yoghurt, custards or plain jelly

ONE DAY PRIOR TO THE PROCEDURE

CLEAR FLUIDS ONLY ALL DAY. NO SOLID FOODS, MILK PRODUCTS OR ALCOHOL ARE ALLOWED.

Approved Clear Fluids

- Water
- Apple or pear juice
- Plain jelly (light colours)
- Bonox
- Black tea or coffee
- Lucozade
- Gatorade
- Staminade
- Carbonated drinks
- Barley sugar drink
- Clear broth
- Lime or lemon cordial