



Bowel Prep information for Low Fibre Diet and Laxatives for 5 Days

Bowel preparation cleans out the large bowel, so that Dr Ryan is able to see the lining of the bowel.

If your bowel is not prepared adequately, it can compromise the view, and in some cases, may necessitate a repeat procedure with more bowel prep.

Bowel preparation involves

1/ Ceasing any medication prior the procedure

You will have been told to stop medications by Dr Rebecca, if you have not been told to, please take your normal tablets as usual, even up to the morning of the procedure

On the morning of the procedure, take your usual tablets with a SMALL sip of water only.

If you are concerned about stopping or not stopping any medications, please email info@drrebeccaryan.com.au one week before your procedure.

The only medication Dr Ryan routinely ceases are oral iron supplements.

2/ Low fibre diet (Attached)

It is important to only eat off the approved Low fibre diet sheet. You need to start the Low Fibre Diet on the **SATURDAY** prior to your procedure.

***You will also need to take 2 laxatives each night for the 5 days starting on the Saturday. Laxatives either MOVICOL or OSMOLAX** which you can get from the pharmacy.

3/ Clear Fluids (Attached)

During the Clear Fluids stage, **THURSDAY**, when you also drink your bowel prep, please only drink fluids off the Clear fluids Sheet.

4/ Bowel Preparation Day (the day before your procedure, THURSDAY)

Please drink all of your bowel prep, even if you think you are "clear".

Bowel Prep Day THURSDAY

Please follow the instructions BELOW and NOT those on the box

7am	Have breakfast from approved <u>Low Fibre Diet sheet.</u> After breakfast, no further food to be eaten.
8am	Start to drink approved <u>CLEAR FLUIDS</u> and continue to drink your usual daily fluid intake of 1.5 - 2L.

Premix the bowel prep and chill it in the refrigerator (tastes better cold)

Plenvu 1st Dose – Dose 1 sachet and 500 ml of warm water, stir until dissolved, then place in fridge

Plenvu 2nd Dose – Mix Sachet A, Sachet B and 500 ml of warm water, stir until dissolved, then place in fridge

Premix both sachets of Glycoprep Orange 70 g each with 1L of warm water, stir until dissolved, then place in fridge

Start Prep

9am	Drink 1 st 1 litre sachet of Glyoprep Orange over 1 hour. Continue to drink Clear fluid until 6pm
1pm	Drink 2 nd 1 litre sachet of Glyoprep Orange over 1 hour. Continue to drink Clear fluid until 6pm
6pm	Drink 1 st Dose Plenvu Sip slowly over 30 minutes to 1 hour Drink an additional 500 ml of approved clear fluids. Continue to drink Clear fluid until 2 am

On the day of your Procedure FRIDAY

2am	Drink 2 nd Dose Plenvu Sip slowly over 30 minutes to 1 hour Drink an additional 500 ml of approved clear fluids. Continue to drink Clear fluid until 3:30 am
3:30am	You may take your usual meds now and then, You must now remain Nil by Mouth, STOP ALL CLEAR FLUIDS

Your bowel return should look like water, or urine (no solid bits, or chunks, no brown tinge)

If you are having problems with tolerating your bowel prep or your bowel return is not clear, then ring Miami Private Hospital (07) 5636 6762 after 6 am.