



Colonoscopy Preparation Instructions (morning examination 4 litres fluids)

2 Days Prior:

- ✓ Avoid raw fruits and vegetables, whole wheat or high fiber foods. Examples of a low fiber diet include (but not limited to): white bread, white rice, pasta, fish, chicken, eggs, creamy peanut butter, cooked/steamed/boiled vegetables, milk, plain yogurt and cheese.

1 day before your appointment

- ✓ You are advised that you may need to take the afternoon off work on this day.
- ✓ You should expect frequent bowel actions starting within 3 hours of starting your bowel preparation. Some abdominal cramping is normal, stay within easy reach of the toilet.

Diet List

No milk in any form (small quantity is allowed).

Foods you can eat

Meat: lean meat for example chicken, turkey, beef, ham and rabbit.

Fish: white fish only (do not fry).

Eggs: boiled, poached or scrambled only – no milk to be used.

Vegetables: No Vegetables other than potatoes boiled or mashed only – no milk to be used.

Cereals: white rice and pasta, boiled only – no wholemeal varieties.

Bread: white bread and white bread rolls only.

Other: plain jelly, rich tea biscuits, honey, golden syrup, white sugar, artificial sweeteners, boiled sweets and salt.

Clear Fluids: Black tea or coffee, fruit squash (not real fruit juice), marmite, oxo, Bovril, soda water, water, flavoured water, herbal/fruit teas.

Have a good breakfast, (no fruits and vegetables, whole wheat or high fiber foods).

Have a light lunch taken from the diet list.

At 4 pm start your bowel preparations as follows: If colonoscopy is scheduled in the morning, the whole preparation should be conducted in the afternoon and evening of the preceding day. In particular:

Each Fortrans sachet (four in total) should be dissolved in 1 l of still water (4 l in total);

To improve the flavour, the solution may be chilled or lemon juice added;

From the moment of starting taking the Fortrans preparation, do not eat anything; drinking of clear liquids is allowed and plain jelly.

On the day of the procedure:

Nothing by mouth

