

# BOWEL PREPARATION

For Colonoscopy

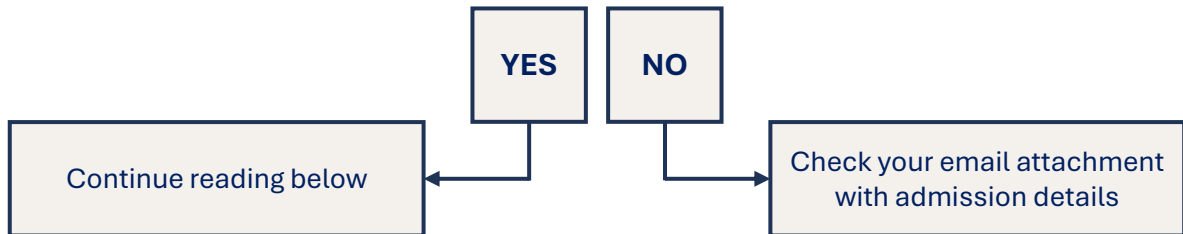
## DULCOLAX



Read this 5 days before your procedure

The following information is important to follow to secure a successful view of your bowels

### Do you know your admission day and time?



## 5 DAYS BEFORE YOUR PROCEDURE

**STOP** all iron containing medications, eating grains, nuts and seeds

**START** increasing your fluids

**PURCHASE** Dulcolax from the chemist.

**CALL US** if you take **MEDICATIONS** for the below:

Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

## 1 DAY BEFORE YOUR PROCEDURE

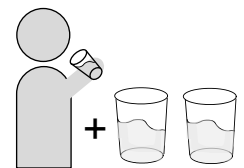
5am

**STOP** eating – clear fluids only

6am – 8pm

Take 4 Dulcolax tablets every 2 hours – 8 doses in total

- 6am
- 8am
- 10am
- 12pm
- 2pm
- 4pm
- 6pm
- 8pm



Ensure to keep up clear fluid intake throughout the day

## DAY OF PROCEDURE

4 HOURS  
PRIOR TO  
ADMISSION



Take any needed medication now



Keep drinking clear fluids to stay hydrated

2 HOURS  
PRIOR TO  
ADMISSION

Strict fasting, no drinking, no eating, nil by mouth



To know if the bowel preparation is working, please see the image below.

If your output is not consistent with this guide, please inform the hospital upon arrival.

Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!