

## Dr Gareth Corbett MBBS FRCP RAF

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GMC Number 6053264

### **Bowel Preparation Patient Instructions – Afternoon Appointment**

Dr Corbett would like you to have a colonoscopy and for this you need a clear bowel. Please follow the advice on this leaflet carefully to ensure the best results.

When taking these preparations some intestinal cramping is normal. If you feel clammy and faint or if you vomit please take no more preparation and ring the contact details above or your own GP or nearest health provider for advice.

Dr Corbett has specifically prescribed this bowel preparation for you – follow the instructions carefully to ensure a good result. Legally we must enclose the pharmaceutical leaflets; we are aware that the above instructions may seem to be in conflict with these, but the Dr Corbett considers this the best bowel preparation for you at this time.

#### **7 days before taking the preparation**

If you take iron tablets or medication to control diarrhoea please stop taking them until after your examination. You should continue to take any other medication including medication for high blood pressure / cardiac conditions.

#### **3 days before taking the preparation**

You may eat your normal meals for the whole 3 days, but avoid high- fibre foods such as fruit, vegetables, wholemeal bread and all bran (see list on page 2 )

<b>You May Eat</b>	<b>You Should Avoid</b>
Cereals: Cornflakes, Rice, Rice Krispies, Ricicles, Sugar Puffs and Coco Pops	Wheat bran, All Bran, Weetabix, Shredded Wheat, oat bran, bran flakes, wheat flakes, muesli, Ready-Brek, porridge.
White bread (you may use butter / margarine)	Wholemeal, high-fibre white, soft grain or granary bread, oatbread
White pasta, white rice	Wholemeal pasta, brown rice
White flour	Wholemeal or granary flour, wheatgerm
Potatoes ( no skin )	Fruit and vegetables
Savouries: Chicken, turkey, fish, cheese & eggs	All red meat
Puddings, pastries, cakes. Milk puddings, mousse, jelly ( not red ) sponge cakes, Madeira cakes rich tea, wafer biscuits	Those containing wholemeal flour, oatmeal, nuts, dried fruit, fruit cake, Ryvita, digestives or hobnob biscuits
Preserve and sweets: Sugar, jelly jam, jelly marmalade, honey, syrup, lemon curd	Jam or marmalade with pips, skins and seeds, sweets and chocolate containing nuts / fruit, muesli bars
Soup: Clear or sieved soups	Chunky vegetable, lentil or bean soups
Miscellaneous: salt, pepper, vinegar, mustard, salad cream, mayonnaise	Nuts, Quorn, fresh ground peppercorns, hummus, <b>anything containing seeds</b>

### **The day before the colonoscopy:**

**07:00 am** Eat breakfast avoiding food containing nuts, seeds or fruit

**12:00 pm** Eat a light lunch, for example soup, sandwich or omelette.

**DO NOT EAT ANY MORE SOLID FOOD UNTIL AFTER YOUR PROCEDURE**

**2:00 pm** Start your bowel preparation by taking the 5 senna tablets.

**5:00 pm** Pour 200ml / 8 Fl Oz of hot water into a large jug and add 1 sachet of CITRAMAG, the solution will fizz up. Stir thoroughly and allow to cool for about 30 min before drinking ALL the solution. Continue to drink as much clear fluid as possible.

**7:00 pm** Dissolve half the second sachet as above and drink all the solution.

**You will begin to pass frequent loose motions, please stay near a toilet at this time.**

### **The morning of your colonoscopy**

**9:00 am** Dissolve the remaining half sachet and drink as above. Fluids only should be taken this morning.

**You should continue to drink fluids up until your appointment.**

#### **Acceptable fluids include:**

1. Water / flavoured water
2. Clear soup, for example Consommé that contains no solids.
3. Fruit juice without pulp, for example orange or lemon squash that is diluted ( not red or purple in colour )
4. Clear fizzy drinks, for example lemonade, Lucozade, tonic water, cream soda, soda water
5. Bovril / Oxo
6. Lime cordial
7. Herbal teas ( no milk )
8. Clear apple juice or white grape juice
9. Jelly (without fruit pieces)

You may find that a small amount of Vaseline / Sudocrem to your back passage (anus) prevents discomfort during the bowel preparation.