

Mohan Jayasundera MBChB FRACS
General Surgeon

Galliers Specialist Centre
First Floor Suite 21
3056 Albany Hwy
Armadale WA 6112

Murdoch Medical Clinic
Level 1 Suite 27
St John of God Murdoch
Murdoch WA 6150

What you need to purchase from the Chemist

3 x Colonlytely sachet

PLEASE FOLLOW INSTRUCTIONS CAREFULLY

5 Days Prior

Please stop eating any food with seeds.

2 Days Prior

Omit any fibre from your diet. This includes cereals, brown bread, grain bread, nuts, vegetables and fruit. Also avoid red meat and pork, peanut butter, whole milk products, seeds or pips, green or red coloured cordial or jelly. **You may eat** fish, chicken (no skin), rice, pasta, skim milk, boiled eggs, white bread, crackers, honey and vegemite.

1 Day Prior

From the time you wake up you may only drink clear fluids. **DO NOT EAT ANY SOLID FOOD OR DAIRY PRODUCTS.**

You may have water, clear fruit juice, strained soups, bonox, soft drinks, tea and coffee without milk. Yellow or orange jelly, ice blocks and lollies are also allowed.

Make sure you drink plenty of water to avoid dehydration : 2-2.5 litres over the day.

Dissolve the bowel preparation into water as per instructions on the packet and chill in the fridge. (You may add clear lemon cordial)

At 4pm drink 1 litre of Colonlytely over 1 hour

At 8pm drink 1 litre of Colonlytely over 1 hour

Day Of Procedure at 6am drink 1 litre Colonlytely over 1 hour

Fast from 10am (no foods or fluid)

Sometimes you may have some nausea and bloating when taking the preparation. This usually settles with walking around.



