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General Surgeon

Galliers Specialist Centre
First Floor Suite 21
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Level 1 Suite 27
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What you need to purchase from the Chemist:

2 x Picolax sachets
1 x Colonlytely sachet

PLEASE FOLLOW INSTRUCTIONS CAREFULLY:

5 Days Prior

Please stop eating any food with seeds and nuts.

2 Days Prior

Drink 2-2.5 Litres of fluid

Omit any Fibre from your diet. This includes cereals, brown 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, tea/coffee without milk, clear soup, clear apple juice, bonox, soft drinks, yellow and orange jelly or ice blocks, barley sugar or clear lollies.

Make sure you drink plenty of water to avoid dehydration.

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 sachet of Picolax over 10 minutes.

At 8pm drink 1 sachet of Picolax over 10 minutes.

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

DAY OF PROCEDURE:

At 6am drink 1 litre of Colonlytely over 1 hour.

Please do not drink any fluids from 10.00am

