

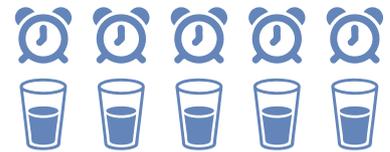
DIACOL- Patient Instruction Sheet- Morning & Afternoon Colonoscopy

1. Please disregard any other bowel preparation instructions and adhere to these guidelines.
2. You have a NORMAL DIET up until the time that you commence the bowel preparation, once you commence the bowel preparation, you can only have clear fluids (a list can be found below)
3. Please ensure that if you take aspirin, warfarin or Plavix that you discuss this with Dr Nathan Connelly or Mrs Nicole Starbuck-Connelly before your procedure

1 DAY BEFORE PROCEDURE:

FIRST DOSE 6:00 PM:

One dose (Four tablets with at least 250 mls of water), every 15 minutes for a total of 5 doses (20 tablets). This should be followed by adequate glasses of water or approved clear liquids ** (at least one glass per hour), in order to maintain hydration throughout your body. *Tick the glasses as you go*



LAST DOSE 6:00 AM:

One dose (Four tablets with at least 250 mls of water) every 15 minutes for a total of 3 doses (12 tablets). This should be followed by adequate glasses of water or approved clear liquids ** (at least one glass per hour), in order to maintain hydration throughout your body. *Tick the glasses as you go*



DAY OF PROCEDURE:

**Approved Clear Fluids: Water, CLEAR salty fluids (eg strained chicken noodle soup), CLEAR broth, sugar-free jelly (no red or purple colours), Apple juice, black tea or coffee (NO MILK), clear sugar-free fruit cordials (no red or purple colour)

- Drink as much clear liquid as you can before, during and after taking diacol bowel preparation.
- The facility where you have booked the procedure will contact you at least one day before the procedure to confirm your admission time
- Clear fluids can be taken up to four hours before your admission time. You must stop eating and drinking 4 hours before your procedure.
- Failure to adhere to this advice may result in delay or cancellation of your procedure
- Failure to follow the bowel preparation instructions can lead to poor bowel preparation and the possibility that your procedure may need to be repeated.