
MR PROSTATE/CT COLONOGRAPHY PREPARATION

The success of your examination depends on the bowel being clear as possible, otherwise the examination may need to be postponed and the preparation repeated. Individual response to laxative do vary. This preparation may cause multiple bowel movement. It usually induced frequent loose bowel movement within two to three hours of taking first dose. **Please remain within easy reach of toilet facilities.**

NB: Please continue your medication list

Day One	Instruction	Tick
7.00am	<ul style="list-style-type: none"> • Take one or two Durolox Tablets 	
Breakfast Before 8.00am - Dietary instruction	<ul style="list-style-type: none"> • Stop eating brown bread, cereals, vegetables and fruits – ONLY white bread allowed • Do NOT have anything with seeds in in. • Do NOT any food with fibre - NO vegetables and NO fruit • Do NOT have any yellow cheese • You may eat boiled or poached eggs NOT fried eggs • You may eat cottage cheese • You may eat steamed white fish, boiled chicken • NO regular milk and NO soy milk – ONLY Skim milk allowed 	
12 Noon - Dietary instruction	<ul style="list-style-type: none"> • ONLY white bread allowed • Do not have anything with seeds in in. • Do NOT eat any food with fibre - NO vegetables and NO fruit • Do NOT have any yellow cheese • You may eat boiled or poached eggs NOT fried eggs • You may eat cottage cheese • You may eat steamed white fish, boiled chicken • NO regular milk and NO soy milk – ONLY Skim milk allowed 	
1.00pm	Drink one full glass or more of water with or without clear cordial	
3.00pm	Drink one full glass or more of water with or without clear cordial	
5.00pm	Drink one full glass or more of water with or without clear cordial	
6:00pm - Dietary instruction	<ul style="list-style-type: none"> • ONLY white bread allowed • Do not have anything with seeds in in. • Do NOT eat any food with fibre - NO vegetables and NO fruit • Do NOT have any yellow cheese • You may eat boiled or poached eggs NOT fried eggs • You may eat cottage cheese • You may eat steamed white fish, boiled chicken • NO regular milk and NO soy milk – ONLY Skim milk allowed 	
7:00pm	Drink one full glass or more of water with or without clear cordial	

<u>Day Two</u>	<u>Instruction</u>	<u>Tick</u>
Breakfast Before 8.00am -- Dietary instruction	<ul style="list-style-type: none"> No Solid food No Milk products including cheese; NO cereal Drink only approved clear fluids including water, fruit juices (apple, pear, grape), black tea and coffee (without milk and sugar), bonox, Lucozade, clear soups, broth or bouillon, NO cordials 	
12 Noon -Dietary instruction	<ul style="list-style-type: none"> No Solid food No Milk products including cheese; NO cereal Drink only approved clear fluids including water, fruit juices (apple, pear, grape), black tea and coffee (without milk and sugar), bonox, Lucozade, clear soups, broth or bouillon. 	
1.00pm	Make up the sachet of GLYCOPREP -C 70g with 1 litre of water <ol style="list-style-type: none"> Add the entire contents of ONE sachet of GLYCOPREP -C in 1 litre of water and stir until dissolved. And then refrigerate the mixture 	
2.00pm	Drink one full glass or more of water with or without clear cordial	
3.00pm	Drink one sachet solution of Pico-prep <ol style="list-style-type: none"> Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approximately 250ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Dink mixture slowly but completely. Drink adequate glasses of water 	
5.00pm	Eat only the following suggested foods (no cream or other additives) <ul style="list-style-type: none"> 1 cup of clear soup ½ glass of clear apple or grape juice 	
6.00pm	Drink prepared Glycoprep <ol style="list-style-type: none"> Take Glycoprep -C solution from the refrigerator Drink a glass of the mixture about every 15 minutes Total intake time should take approximately 1 hour in duration. If you feel nauseous whilst drinking the preparation, slow down the rate of intake 	
8.00pm	Drink one full glass or more of water with or without clear cordial	
9:00 pm	Drink one sachet solution of Pico-prep <ol style="list-style-type: none"> ONE sachet of PICOPREP in a glass of warm water (approximately 250ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Dink mixture slowly but completely. Drink adequate glasses of water 	
Day of Examination	NOTHING TO EAT or DRINK 6 hours prior to procedure	

If you have any questions telephone us on 9188 5280