

Coast Endoscopy

Tweed Day Surgery

Suite 7a, 38-44 Boyd Street
Tweed Heads NSW 2468

Ph: 0755 99 2295
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DATE: _____

COST: _____

TIME: _____

DIACOL 32 TABLET PREPARATION:

Three days prior to the procedure:

Please DO NOT have the following:

- * High fibre foods
- * Brown bread
- * Fruits and vegetables
- * Nuts, seeds & yellow cheese

Please drink at least 12 glasses of water or apple juice each day.

Please choose what you like from the following menu:

Breakfast:

- * Fruit juice (apple or pear)
- * Corn flakes or rice bubbles with milk
- * Eggs (boiled, scrambled or omelette)
- * White bread or toast with margarine or butter, honey or vegemite.

Lunch:

- * Clear fruit juice (apple or pear)
- * Clear chicken soup, no vegetables
- * White bread sandwich with any of these fillings - chicken, beef, fish, egg.
- * Stewed or tinned fruit without skin

Dinner:

- * Steamed or grilled lean meat - chicken or fish
- * Lean beef or lamb
- * Mashed or boiled peeled potato, peeled pumpkin or choko.
- * White rice or plain noodles or white pasta
- * Stewed or tinned fruit (without skins) with ice cream
- * Clear fruit juice (apple or pear), ginger ale, tea or coffee

Mid Meals:

- * Tea, coffee, apple or pear juice, lemonade
- * Plain biscuit (eg Jatz, Sao, Morning Coffee, Milk Arrowroot)
- * Plain sponge cake, crumpets, yoghurt (no fruit), custards or plain jelly.

ONE DAY PRIOR TO PROCEDURE:

CLEAR FLUIDS ONLY ALL DAY.

- * **No solid foods**, milk products or alcohol are allowed on this day.
- * Do not eat jelly or drink fluids with red, green or purple colouring.

Approved fluids:

- * Water
- * Apple or pear juice
- * Plain jelly
- * Tea or coffee
- * Bonox
- * Lucozade
- * Gatorade
- * Staminade
- * Carbonated drinks
- * Barley sugar drink
- * Clear broth
- * Lime or lemon cordial
- * Ice cream, yoghurt & milk (no added nuts or fruits ect)

Drink at least 3 litres of approved clear fluids plus the preparation liquids.

FIRST DOSE OF DIACOL STARTS

Take **4 x Tablets** with 250ml of water **every 15 minutes** for a total of **20 tablets**.

ON DAY OF PROCEDURE.

No Food this day.

Take **4 x Tablets** with 250ml of water **every 15 minutes** for a total of **12 tablets**.

CAN CONTINUE TO DRINK CLEAR FLUIDS (FROM APPROVED LIST) UNTIL 3 HOURS PRIOR TO YOUR APPOINTMENT TIME - THEN NIL BY MOUTH FROM THEN ON - NOTHING TO EAT OR DRINK.