



Frequently Asked Questions before having a Colonoscopy

Why do I need to stop eating some foods two days before the test?

To have a colonoscopy your bowel needs to be empty so the doctors can see the bowel clearly. This happens by changing the food you eat two days before your test. It is important that the foods you eat are low in fibre so this food can move through your digestive system and be cleared before your test.

What foods and drinks are okay to eat two days before my test?

To have a low fibre diet you will need to stop eating things like fruits and vegetables with seeds, brown breads, bread with seeds and cereals.

The easiest way to make sure you eat the right things two days before your test is to eat only foods **on this list:**

Eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

You can drink water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.

What are clear fluids?

After your breakfast the day before your test, you can only have clear fluids. Clear fluids are fluids that you can see through, like clear broths, apple juice and sports drinks, like Gatorade or Powerade, for example.

These fluids contain salts and nutrients that will provide nourishment and prevent dehydration.

It is important that you do not eat any solid food for lunch or dinner the day before your test so that your bowel does not have any poo in it and the doctors can see your bowel clearly when they do the test.

What if I get hungry?

The day before your test you might feel hungry because you have not had any lunch or dinner. It is important that even if you're hungry you do not eat any food. Remember that you can get some nutrients from your clear fluids. Try drinking apple juice or broth when you feel hungry or going for a walk or talking to a friend to distract yourself. It is only one day and soon you will be able to eat again! You will be given something to eat at the hospital right after your test.

How do I know if I can take my normal medications the day before and the day of the test?

If you take regular medicines, ask your doctor at least a week before your test if you should continue taking these. Some medicines have iron in them and this can affect the visibility in your bowel. Do not stop taking medication without talking to your doctor first.





