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## WHAT TO EXPECT FROM YOUR COLONOSCOPY BOWEL PREPARATION

### The Importance of Good Bowel Preparation

You will soon be undergoing a colonoscopy – a procedure which involves direct visualisation of the lining of your colon with a high definition camera. During all colonoscopies, we perform a careful inspection of the colon lining to look for colon polyps. Colon polyps are the precursors of bowel cancer, and their identification and removal is key to preventing bowel cancer.

As a means of maximising our ability to detect colon polyps, your bowel preparation needs to cleanse your colon as best as possible.

### The “Split-Dose” Bowel Preparation

The latest scientific evidence has proven that optimal bowel cleansing is achieved with a “split dose” bowel preparation – a method by which the timing of the bowel preparation doses depend on your individual procedure start time. The final dose of bowel preparation should always be consumed as close as feasible to the procedure start time for the best effect.

We are strong advocates of “split dose” bowel preparation as the only proven means of consistently achieving optimal bowel cleansing. Maintaining this standard is key in helping us provide the highest quality colonoscopy to all our patients.

### Key Benefits of “Split-Dose” Bowel Preparation

- **Allows the best conditions for polyp removal and prevention of future bowel cancer**
- **Reduces the risk of missing subtle abnormalities**
- **Prevents sub-optimal visualisation of bowel lining that would require a repeat procedure sooner than would otherwise be required**

### Downside to “Split-Dose” Bowel Preparation

The main downside to “split dose” bowel preparation is that doses may need to be taken in the early hours of the morning, meaning your sleep the night prior to your procedure is likely to be interrupted. If you have not had a true “split dose” bowel preparation before, you may well find the experience of the bowel preparation to be more unpleasant and inconvenient than it has been for you in the past. We apologise for this, but assure you that adhering to our recommendations regarding preparation dosing is in your best interest.

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