

Dear _____

The following instructions are for your colonoscopy procedure. Please read these carefully. All forms need to be completed, signed and brought with you when you come in to have your procedure.

PREPARATION FOR COLONOSCOPY

This has been prepared to help you understand the preparation required for colonoscopy. As you know, colonoscopy involves examination of the bowel with a highly flexible plastic tube incorporating video-television technology to afford excellent views of the inside of the bowel. Naturally, this examination cannot be performed unless all the bowel motion or faeces has been cleared from the bowel. The view obtained by your Endoscopist is largely dependant on how well your bowel has been cleared of faeces. Thus, it is absolutely essential that you follow the following instructions to the letter to enable a good examination of your bowel.

One week prior to your colonoscopy **AVOID ALL NUTS / SEEDS / FRUIT / VEGETABLES (except potato)**

SEE PAGE 3 FOR MENU SUGGESTIONS

The bowel preparation can be divided into two phases.

1. A clear fluid diet for 48 hours prior to your colonoscopy.
2. A bowel washout on the day before the colonoscopy while continuing with clear fluids.

PHASE 1 Clear fluids include

- **WATER**
- **CLEAR APPLE JUICE - (*no other juice*)**
- **CLEAR SOUP:** made with a chicken / beef stock cube in a mug of warm water. ***Please do not buy "clear soup" from supermarket or make your own stock.***
- **TEA and COFFEE WITHOUT MILK**
- **NO ALCOHOL**
- **NO GATORADE / POWERADE / OR ANY OTHER SPORT DRINK**
- **NO CARBONATED FLUIDS** i.e. no lemonade / soda water
- **NO JELLY**

PHASE 2

This involves removing the existing bowel motion or faeces from the colon with a combination of **PICOPREP** X 2 sachets and **GLYCOPREP- C** supplied by Southcoast Digestive Diseases Centre.

The bowel cleansing starts at 3 PM in the afternoon the day before the colonoscopy.

1. Mix and dissolve **one (1)** sachet of Pico Prep in a glass of warm water and drink **at 3pm**.
2. Drink five to six glasses of water over the next hour.
3. Mix the contents of the **Glycoprep –C sachet in three (3) litres of water**.
4. Drink at a steady rate such that you finish three (3) litres of Glycoprep-C by 7-8pm in the evening at the latest – **your bowel discharge should be CLEAR WITH A YELLOWISH TINGE – like urine**.
5. Continue to drink only apple juice / or water until going to bed at night.
6. Six (6) hours prior to your colonoscopy, mix and dissolve the 2nd PicoPrep in a glass of warm water and drink, followed by 5-6 glasses of water. **This will mean getting up very early in the morning to have the 2nd PicoPrep for those having a colonoscopy in the first half of the morning.**
7. **Continue to drink only apple juice / water until four (4) hours prior to your procedure.**
8. **You must have nothing to drink (including water) from four (4) hours before colonoscopy.**

This combination of PicoPrep and Glycoprep-C will cause several episodes of diarrhoea and therefore please stay close to a toilet.

- **2 Sachet of PicoPrep or 3 litres of Glycoprep-C alone will not provide a complete bowel clean out, therefore you must take ALL 2 PicoPreps and 3 litres of Glycoprep-C as indicated above.**
- **You must fast completely and totally without any liquid passing your mouth from 4 HOURS PRIOR TO THE APPOINTMENT TIME (*with the exception of your morning medications to be taken with a small amount of water*) of colonoscopy - this is an anaesthetic requirement.**
- Nausea and cramping abdominal pain can occur in 10-15% of patients following these preparations. For Glycoprep-C, slow down the drinking rate and this will often reduce the nausea and pain.
- If vomiting and pain continues, please ring rooms on (07)5531 7809, or if afterhours, present at your nearest hospital.
- Diarrhoea resulting from Glycoprep-C or PicoPrep can cause soreness or excoriation around the anus. This can be prevented by the application of Lanolin or other water resistant creams applied around the anus prior to the ingestion of the laxative preparation.
- Haemorrhoids can also be aggravated by the diarrhoea and can be helped by Anusol or Rectinol cream applied prior to and during the diarrhoea and is often eased by a warm salt bath after the preparation.
- **Please take all your regular medications either several hours before or after the diarrhoea induced by laxatives has stopped.**
- If you are taking anti diabetic tablets, please avoid taking these tablets the night before or the morning of your colonoscopy.
- **If you are on Insulin for diabetes, please discuss this with Dr. Chakravarty several days prior to the commencement of colonoscopy preparation.**

- In all cases of colonoscopies you need to fast completely for four hours prior to the procedure.
- Complete fasting means taking absolutely nothing by mouth for the four hours prior to the procedure with the only exception of your morning medications (to be taken with a small amount of water).

REMEMBER THE KEY TO A GOOD BOWEL CLEANSE IS THE 2nd PICOPREP TAKEN 6 HRS BEFORE YOUR PROCEDURE TIME.

- Please do not take any **ASPIRIN, ANTI – INFLAMMATORY DRUGS** (arthritis medications) or **IRON TABLETS** for five to seven days prior to colonoscopy.
- If you are taking **WARFARIN / PLAVIX / ISCOVER / or any other blood thinning agent, please discuss this with Dr Chakravarty several days before you embark on the preparation for colonoscopy.**
- For patients taking oral contraceptives pills, it is advisable to use alternate means of contraception for that entire month since laxative agents causing diarrhoea may well impair absorption of contraceptive hormones.
- **It is imperative prior to commencing the bowel preparation, to inform Dr Chakravarty or staff member if you are likely to be pregnant.**
- It is also very important for us to know whether you have a cardiac pacemaker or have any heart valve disease.
- You are required to pay a “booking fee” of \$35.00. This covers the cost of the bowel washout and all pre procedure instructions. **Due to health regulations we can not accept the return of the bowel washout once it has left the hospital; therefore the booking fee is nonrefundable in the event that you choose to cancel the procedure.**
- **You will receive intravenous sedation / anaesthesia for your colonoscopy and as such, you must not drive a car, operate machinery or make important decisions within twelve hours of receiving such sedation. Thus, please make arrangements to be taken home by an adult friend / relative / carer.**
- Please telephone at least 3 days before or earlier to confirm or cancel your appointment since, in the event of your cancellation, we would be in a position to put another equally deserving patient in your place who has been waiting to have an endoscopic procedure performed. Please feel free to contact our office by telephone (55 317809) for any further enquires.

**Although we do try to keep to appointed times we cannot guarantee this.
Please feel free to ring us beforehand to check whether we are running to time.**

THANK YOU

Menu suggestions FOR WEEK PRIOR TO COMMENCING PHASE 1

Breakfast: - plain cornflakes, nutragrain and milo cereal, eggs, bacon, sausage, hash brown.

Main meal: - fish, chicken, meat, white rice, white pasta, potato.---**NO OTHER VEGETABLE.**

Snacks:- white bread, cheese, plain biscuit, cream based sauce for pasta, vanilla ice cream, plain yoghurt, milk, sugar.

NO COUS COUS, BAKED BEANS, LENTIL, WHOLEMEAL OR MULTI GRAIN BREAD, NUTS, SEEDS

YOUR LAST SOLID FOOD SHOULD BE PRIOR TO 7AM ON:

(Day)

(Date)

START PHASE 1 (clear fluids) AT 8 AM ON:

(Day)

(Date)

START PHASE 2 (bowel wash out) AT 3 PM ON:

(Day)

(Date)

MORNING OF PROCEDURE AT _____ drink 2nd PicoPrep
(Date) (Time)

CONTINUE WITH CLEAR FLUIDS UNTIL:

TIME _____

- ❖ **If you have any pain, you may administer Panadol.**
- ❖ **When you come for your procedure bring your Medicare card /Pension card /DVA card /Private Health Insurance information and completed paperwork**
- ❖ **Please bring your reading glasses as there is further paperwork to be completed.**
- ❖ **Wear loose fitting clothing with low heeled non slip shoes**
- ❖ **Please leave all jewelry (wedding band excluded) at home**
- ❖ **Please remove all body piercings – includes mouth and belly rings**
- ❖ **Please remove all nail polish – as this interferes with monitoring equipment**
- ❖ **Fees / hospital excess for the day: \$ _____**

DATE: _____

APPT. TIME: _____

ARRIVAL TIME _____