

# Colonoscopy Preparation Instructions – Extended Preparation (PM appointments)

## ABOUT THE PROCEDURE

Colonoscopy allows the specialist to examine the lining of the lower gastrointestinal tract using a thin flexible tube, which contains a video camera and a light source. In order to ensure the procedure is successful, the colon must be completely empty. Inadequate cleaning of the bowel may result in the procedure having to be repeated. We recommend the use of PREPKIT C to prepare the bowel for your colonoscopy. Please ensure to follow the instructions carefully.

In some cases, a patient may need to undergo an extended bowel preparation before a Colonoscopy can be done successfully. This will be due to either poor initial bowel preparation or a previous history of poor viewing even after the correct bowel preparation was taken.

**Please note:** The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours of the first dose, and you may also experience intermittent abdominal cramps. Please remain in easy reach of toilet facilities.

## MEDICATIONS

If you are on:



- **Nexium:** Cease 5 days prior but if unable to stop inform on the day
- **Iron:** MUST Cease 5 days prior
- **Diabetic Medication:** you will need to seek advice from you GP regarding your medication during your colonoscopy preparation period.
- **Bleeding Thinning Medication (i.e. Warfrin, Iscovar, Plavix, etc):** May require stopping, follow instructions as per Specialist advice.

### Taking other medications?

If you are unsure about whether you can continue to take any other medications, please speak call the Hospital or speak to your GP.

## WHAT YOU NEED

Purchase the following from the pharmacy:



PREPKIT C (The kit contains 2 PICOPREP sachets and 1 GLYCO- PREP C sachet).

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Senokot tablets

# Colonoscopy Preparation Instructions - Extended Preparation (PM appointments) cont...

## WHAT DO I NEED TO DO?



### 4 Days Prior

- ✓ Follow your normal diet
- ✓ Take four (4) Senokot tablets prior to going to bed.



### 3 Days Prior

- ✓ Follow your normal diet
- ✓ Take four (4) Senokot tablets prior to going to bed.



### 2 Days Prior

- ✓ Take four (4) Senokot tablets prior to going to bed.
- ✓ Consume Low Fibre Diet:



#### Stop Eating

- Brown bread
- Cereals
- Fruits
- Vegetables
- Anything containing seeds
- Yellow cheese



#### You May Eat

- Eggs
- Steamed white fish
- Poached chicken
- Low fat plain yoghurt
- Cottage Cheese
- White bread
- White pasta
- White rice
- Jelly (lemon, lime or orange)
- Skim milk
- Well-cooked peeled pumpkin and potato



#### You must drink

Drink at least 3 litres of water and approved clear fluids, including the following:

- Water, black tea & black coffee
- Strained fruit juices without the pulp (apple or pear juice)
- Clear soups, (broth or bonox)
- Jelly (lemon, lime or orange)
- Cordial (lemon, lime or orange)
- Carbonated soft drinks (lemonade, lemon squash, ginger ale, mineral water)
- Clear Ice Blocks



### Day before the procedure

- ✓ Have a light breakfast (stewed fruit and poached egg – no cereal or bread).
- ✓ After breakfast you may have clear fluids only until after your examination. No solid foods or dairy products are permitted. Fluids with red or purple food colouring are not permitted.
- ✓ In the morning, make up the sachet of GLYCO PREP C with 1 litre of water, following the instructions on the packet, and refrigerate it



### 6 pm – The First Dose

Empty the entire contents of 1 sachet of PICOPREP into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with glasses of approved clear fluids (at least 1 glass per hour) to avoid dehydration.

# Colonoscopy Preparation Instructions - Extended Preparation (PM appointments) cont...



## 9 pm – The Second Dose

Remove the GLYCO-PREP C from the refrigerator and drink one glass of the preparation every 15 minutes. You should consume the entire litre of the GLYCO-PREP C solution in an hour.

If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.



## 6 am – The Third Dose

Empty the entire contents of 1 sachet of PICOPREP into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with one (1) litre of approved clear fluids to avoid dehydration until six (6) hours before your appointment.



## DAY OF THE PROCEDURE

**DO NOT DRINK ANY FLUIDS FOR 6 HOURS BEFORE YOUR APPOINTMENT TIME**

You must have a suitable adult escort you home **BEFORE 5PM** and they need to stay with you for at least 24 hours. Travelling alone by taxi is not acceptable. **Your procedure may be cancelled if you have not organised for someone to escort you home safely.**

**On the day of your procedure, you are required to arrive 30 minutes prior to your procedure time. Please bring:**

- Wear loose comfortable clothing
- Referral from your doctor
- Medicare card
- Private Health Insurance card (where applicable)
- Pension Card or Health Care Card (where applicable)
- Patient Admission Form

**NOTE: Please call The Endoscopy Centre to clarify any questions early. If your bowel preparation is inadequate or incorrectly performed, your procedure may be cancelled.**

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