

Colonoscopy Preparation Instructions

(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.

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 your GP regarding your medication during your colonoscopy preparation period.
- **Bleeding Thinning Medication (i.e. Warfrin, Iscover, 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



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

You can purchase this from your pharmacy or from our centre.

WHAT DO I NEED TO DO?



2 Days Prior



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

Colonoscopy Preparation Instructions (PM appointments) cont...



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.



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.



6am – 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.