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PREPARATION FOR YOUR COLONOSCOPY

For a successful colonoscopy (bowel examination) it is important that you have an empty bowel to allow your doctor a clear view of the inside of the bowel. Your doctor has recommended that you use a preparation called 'Picoprep' to clear the contents of your bowel. This leaflet explains what you need to do to prepare your bowel for a successful colonoscopy using Picoprep. This preparation will make you go to the toilet frequently so plan to stay at home close to the toilet.

You need to buy 3 sachets of Picoprep from your chemist to prepare your bowel. You do not need a script for this medication.

Colonoscopy is a safe procedure, but there are potential risks that you need to be aware of. The risk of complications occurring from a colonoscopy is less than 1 in 1000. Potential complications include:

- Reactions from the anaesthetic drugs causing problems with the heart or lungs.
- Perforation of the bowel (the instrument making a hole in the bowel). If this occurs a large operation is usually needed to repair the hole.
- Bleeding may occur if a polyp is removed during the procedure. If bleeding occurs it will usually stop by itself. Rarely, an operation or blood transfusion is required.

It is important that you read this information carefully.

If you have any questions about the colonoscopy or do not understand what you need to do to prepare yourself, please call Dr French's rooms on 9456 9511.

BOWEL PREPARATION

5 days before your colonoscopy

- Stop taking iron tablets, bran or fibre supplements such as psyllium husks or Metamucil.
- Continue taking all other medication. If you are taking Warfarin ask your doctor if it should be continued. It may be necessary to stop Warfarin if you need to have a polyp removed or biopsy (sample) taken.

3 days before your colonoscopy

- Purchase 3 sachets of Picoprep from your chemist. You do not need a prescription for Picoprep.
- Begin a LOW FIBRE diet. Fibre (also known as roughage) is the indigestible part of fruits, vegetables, nuts, seeds and wholegrain products. Follow the dietary guidelines on the last page of this leaflet for more details on what you can and cannot eat prior to your colonoscopy.
- This may be contrary to what is recommended in a healthy diet but IS A VERY IMPORTANT PART OF SUCCESSFUL BOWEL PREPARATION.
- A list of foods to include and avoid is provided on the last page of these instructions.

The day prior to your colonoscopy

- After lunch drink only clear fluids for the rest of the day. Clear fluids include water, soft drink, cordial, apple juice, clear soup, jelly or icy poles (not ice cream), tea and coffee *without* milk, including herbal teas
- **Do not eat until after your colonoscopy.** You should take your usual medications (except those you have been advised not to take) with a sip of water.
- **You must make arrangements for a responsible adult to pick you up after the procedure.**
- **If you are an insulin dependent diabetic you should be booked for a morning colonoscopy.** Please confirm your insulin dose adjustment with Dr French's rooms prior to your procedure. Test your blood sugar before each meal (three times) during the day, before you go to bed, and when you wake up. If your blood sugar is less than 4 or higher than 15 contact this office on 9456 9511 or, if after hours, the hospital (Warringal 9274 1300 or John Fawkner 9385 2500),
- **If you are on tablets for your diabetes.** Please confirm your tablet dose adjustment with Dr French's rooms prior to your procedure.

Instructions for a MORNING Colonoscopy

1. At **1 pm** on the day before your colonoscopy, add the 1st sachet of Picoprep to 1 glass (250mls) of water and drink. Follow with another glass of water or other clear fluid.
2. At **5 pm** on the day before your colonoscopy, add the 2nd sachet of Picoprep to 1 glass of water and drink. Follow with another glass of water or other clear fluid.
3. At **9 pm** on the day before your colonoscopy, add the 3rd sachet of Picoprep to 1 glass of water and drink. Follow with another glass of water or other clear fluid.
4. You must drink at least 3 more 250ml glasses of clear fluid between 1pm and midnight. It is important to drink more if you are thirsty as Picoprep may cause diarrhoea thereby making you lose a lot of fluid and become dehydrated.
5. You are able to drink clear fluids up until **2 hours before your admission time**.
6. Take your usual medications (except those you have been advised not to take) with a small sip of water. This includes paracetamol.

Instructions for an AFTERNOON Colonoscopy

1. At **4pm** on the day before your colonoscopy, add the 1st sachet of Picoprep to 1 glass (250mls) of water and drink. Follow with another glass of water or other clear fluid.
2. At **7pm** on the day before your colonoscopy, add the 2nd sachet of Picoprep to a glass of water and drink, Follow with another glass of water or other clear fluid.
3. At **8am** on the day of your colonoscopy, add the 3rd sachet of Picoprep to a glass of water and drink, Follow with another glass of water or other clear fluid.
4. You must drink at least 3 more 250ml glasses of clear fluid between 7pm and 8am on the day of your colonoscopy. It is important to drink more if you are thirsty as Picoprep will cause diarrhoea thereby making you lose a lot of fluid and become dehydrated.
5. You are able to drink clear fluids up until **2 hours before your admission time**.
6. Take your usual medications (except those you have been advised not to take) with a small sip of water. This includes paracetamol.

EXAMPLES OF CLEAR FLUIDS

Water

Juice (without pulp)

Tea and coffee *without* milk, including herbal teas

Icy poles but *no ice cream*

Clear broth soups

Cordial (avoid red or purple colour)

Jellies (avoid red or purple colour)

Sports drinks and rehydration fluids

LOW FIBRE DIET

You should adopt this diet **3 days before** your colonoscopy.

High fibre foods you must EXCLUDE from your diet

- All breads and cereal containing *whole grains, nuts, seeds or dried fruits*
- Bread made with wholemeal flour
- Fruit and vegetable skins and seeds, including raw apples, corn, tomatoes, cucumbers with seeds and peel, cabbage or Brussels sprouts, green peas, zucchinis, onions
- Any vegetables not mentioned in the 'you can eat' list below
- Legumes (eg lentils, beans, dried peas)
- Casseroles, stews or mixed dishes vegetables
- Pickles, chutney and jams with chunky fruit

Low fibre foods you CAN EAT

- Potato, pumpkin and carrots well cooked, no skin
- White bread, rice and pasta
- Plain white, dry or sweet biscuits or rice cakes
- Plain cake, scones or pancakes made with white flour
- Rice Bubbles, cornflakes, puffed rice and puffed wheat
- Semolina
- Soft cooked or canned fruit without skins or seeds
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots, peaches, bananas and avocado
- All types of meat, chicken and fish
- Eggs, cheese and milk
- Plain ice cream, yoghurt, custard and Fruche
- Butter, margarine and oils
- Vegemite, honey, golden syrup, mayonnaise and tomato sauce

Because you will be given sedation during the colonoscopy, you will not be able to drive yourself home after the procedure. You must organise for a responsible adult to escort you home after the procedure. This means either someone to drive you home or escort you on public transport.

You will be able to resume normal activities the day after your procedure. A medical certificate will be issued to you for **the day before the procedure and the day of the procedure.**