

A/Prof. Paul Gow
MBBS (Hons) MD FRACP
18 Martin Street
HEIDELBERG VIC 3084
Tel: 9456 9511 Fax: 9456 9577

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. I recommend that you use a preparation called Picoprep (sodium icosulphate/magnesiumoxide/citric acid) 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 prescription for this medication.

Colonoscopy is a safe procedure, but there are potential risks that you need to be aware of.

The risk of serious complications occurring from a colonoscopy is less than 1 in 1000.

Potential complications include:

1. Reactions from the anaesthetic drugs causing problems with the heart or lungs.
 2. 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.
 3. 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 may be 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 my rooms on 9456 9511.

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BOWEL PREPARATION

5 days before your colonoscopy

Stop taking iron tablets, bran or fibre supplements. 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.

3 days before your colonoscopy

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

Begin a low fibre diet. Fibre (also known as roughage) is the indigestible part of fruits, vegetables, nuts seeds and wholegrain products. You need to have a low fibre diet as residual fibre in your bowel at the time of the colonoscopy can block the instrument (colonoscope).

Follow the dietary guidelines at the back of this leaflet for more details on what you can and cannot eat prior to your colonoscopy.

1 day before your colonoscopy (the day before the procedure)

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.

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.

If you have diabetes

If you take insulin for diabetes you should be booked for a morning colonoscopy. Administer half your normal morning insulin dose on the morning before your colonoscopy.

Test your blood sugar before each meal (three times) during the day, before you go to hospital and when you wake up. If your blood sugar is less than 4 don't have your insulin and have a small lolly or sugary drink. If you need advice please ring the office on 9456 9511.

If you take tablets for diabetes don't take them on the day before the colonoscopy. On the morning of the colonoscopy don't take your diabetes tablets but bring them with you to the hospital.

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Instructions for a MORNING Colonoscopy (up till 2.00 pm)

1. At 1pm on the **day before** your colonoscopy, add the 1st sachet of Picoprep to one glass (250mls) of water and drink. Follow with another glass of water or other clear fluid.
2. At 5pm on the **day before** your colonoscopy, add the 2nd sachet of Picoprep to one glass of water and drink. Follow with another glass of water or other clear fluid.
3. At 7.00 pm on the **day before** your colonoscopy, add the 3rd sachet of Picoprep to one glass of water and drink. Follow with another glass of water or other clear fluid.
4. You must drink at least 3 more 250 ml glasses of water or 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.

Once you have started the bowel preparation mixture you cannot eat again until after the colonoscopy.

You can have clear fluid until midnight but nothing to eat or drink after midnight. Take your usual medications (except those you have been advised not to take) with a small sip of water.

Instructions for an AFTERNOON Colonoscopy (after 2.00 pm)

1. At 4pm on the **day before** your colonoscopy, add the 1st sachet of Picoprep to one glass (250 mls) of water and drink. Follow with another glass or other clear fluid.
2. At 7.30am on the **day of 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 8.30 am 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 250 ml glasses of clear fluid between 4pm and 7.30am. 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.

Once you have started the bowel preparation mixture you cannot eat again until after the colonoscopy.

You can have clear fluid until 9 am but nothing to eat or drink after this time.

Take your usual medications (except those you have been advised not to take) with a small sip of water.

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Dietary Guidelines

Avoid foods in the 'you should avoid' list. Choose any combination of foods from the 'you can eat' list.

You should adopt this diet for the 3 days before your colonoscopy.

High fibre foods you should AVOID

- .All breads and cereal containing wholegrains, nuts, seeds or dried fruits.
- .Bread made with wholemeal flour.
- .Fruit and vegetable skins and seeds.
- .Any vegetables not mentioned in the 'you can eat' list below.
- .Legumes (e.g. lentils, beans, dried peas)
- .Pickles, chutney and jam.

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.
- .Rice bubbles, cornflakes, puffed rice and puffed wheat.
- .Soft cooked or canned fruit (no skins or seeds).
- .All types of meat and chicken and fish.
- .Eggs, cheese or milk.
- .Plain ice cream, yoghurt, custard and Fruche.
- .Butter, margarine and oils.
- .Vegemite, honey, golden syrup, mayonnaise and tomato sauce.