

MORNING COLONOSCOPY INSTRUCTIONS

YOUR COLONOSCOPY IS ON
Date: _____

PURCHASE PICOPREP (3 SACHET PACK) FROM A PHARMACY

PICOPREP is a strong laxative that will help to clean out the bowel. Dissolve each sachet of PICOPREP in a glass of warm water. Put the 3 glasses in the fridge to cool down for a better taste. (NOTE: Please follow these instructions and not the instructions from the packet).

SEVEN DAYS BEFORE THE COLONOSCOPY

- Stop eating seeds and seeded breads.
- If you are taking blood thinner medication the Doctor will advise you when you need to stop taking the medication. I.e. Plavix, Warfarin, Aspirin and anti-inflammatories.

Name of Blood Thinner: _____ Date to Stop taking: _____

Other Medication instructions: _____

THREE DAYS BEFORE THE COLONOSCOPY

We will call and give you an admission time and remind you of any excess or payment required on the day.

TWO DAYS BEFORE THE COLONOSCOPY

- If you suffer from constipation, use your usual medication to aid bowel movements. Alternatively taking 1-2 sachets of Movicol tonight will help to clean your bowel.
- Organise someone to pick you up after the procedure.

THE DAY BEFORE THE COLONOSCOPY - BOWEL PREP

- Start the **clear fluid diet** from the time you wake up
- No solid foods from this point on.
- Drink the first glass of PICOPREP at 12 midday.
- Continue to drink clear fluids
- Drink the second glass of PICOPREP at 4 pm.
- Drink the third glass of PICOPREP at 8 pm.

THE DAY OF THE COLONOSCOPY

- Nil by mouth (including water) for 6 hours before your admission.
- Take your morning medications as per instruction by Dr Le.

CONTINUED OVER.....

CLEAR FLUID DIET

It is important for you to drink a lot of clear fluid throughout your preparation period to ensure the procedure is successful.

You must drink at least 2 litres of clear fluids before your 1st picoprep. Keep drinking clear fluid up to 6 hours before your procedure.

Clear fluid diet includes cordial, Gastrolyte, clear apple juice, Gatorade, green tea, black tea, black coffee, jelly, clear soup, such as chicken or beef stock, water and soft drink. You can make your own stock and drain off the solids.

*If you can see through it, you can drink it.
If not, you can't.*

THE DAY OF THE COLONOSCOPY CONTINUED

- Your bowel motion should be a pale yellow liquid to indicate a clean bowel.
- Please bring your medications with you for the Anaesthetist to review.

TIPS TO MAKE YOUR BOWEL PREP MORE PLEASANT

- You can take Panadol for headaches.
- Expect to go to the toilet a lot. Zinc and castor oil cream or baby wipes can help to ease discomfort.

AFTER THE COLONOSCOPY

- Dr Le will give you the results of the Colonoscopy and a formal report will be sent to your family doctor. This can take 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver to come inside to collect you. A motor bike or a learner driver is not suitable.
- For your safety it is a requirement of this facility that you have a responsible adult care for your overnight postoperatively until the next day.
- You may get a bloated feeling. Eat simple, low fat food afterwards.
- You must not travel by air for 2 weeks after a Colonoscopy.
- If any pain persists after a Colonoscopy, or if there is something you feel is unusual, please contact our clinic 02 44555422 or your local doctor or the nearest hospital for advice.
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4455 1333.
Shoalhaven Hospital in Nowra 02 44213111
- You may restart your medications as instructed by Dr Le or your Anaesthetist.