

## 3 DAY BOWEL PREP - COLONOSCOPY INSTRUCTIONS

Date:	YOUR COLONOSCOPY IS ON
-------	------------------------

**PURCHASE PICOPREP ORANGE (2 SACHET PACK) AND GLYCOPREP ORANGE 70 GM (1 SMALL SACHET) FROM A PHARMACY** at least three days before your procedure. These are strong laxatives that will help to clean out the bowel.

### 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 - BOWEL PREP

- **Breakfast and lunch:** light meal such as white toast and eggs.
- Start **Clear Fluid Diet** from 1 pm, after lunch
- No solid foods from this point on.
- Dissolve GLYCOPREP ORANGE in 1 Litre of warm water. Cool down in the fridge for a better taste. (NOTE: Please follow these instructions and not the instructions from the packets).
- Start to drink the 1 Litre of GLYCOPREP ORANGE at 3 pm.
- Organise someone to pick you up after the procedure.

### THE DAY BEFORE THE COLONOSCOPY - BOWEL PREP

- Continue with the **Clear Fluid Diet**
- Dissolve each sachet of PICOPREP ORANGE in a glass of warm water. Cool these down in the fridge for a better taste. Slowly mix the entire contents of one sachet in approximately 250 mL of warm water (not boiling). Use a large container (approx. 500 mL) as the solution will be effervescent (fizz and bubble). Stir gently until the effervescence ceases. (NOTE: Please follow these instructions and not the instructions from the packet).
- Drink the first glass of PICOPREP ORANGE at 2 pm
- Continue to drink clear fluids
- Drink the second glass of PICOPREP ORANGE at 6 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.
- Your bowel motions should be a pale yellow liquid to indicate a clean bowel.
- Please bring your medications with you for the Anaesthetist to review. Continued over.....

**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 1<sup>st</sup> Picoprep Orange. 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.*

Family Name:  
Given Name:  
DOB:  
Address:

### 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 YOU HAVE HAD YOUR COLONOSCOPY

- Dr Le will give you the results of the Colonoscopy and a formal report will be sent to your family/referring doctor. This can take up to 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 as your driver.
- For your safety we require you have a responsible adult care for you for 24 hours postoperatively until the next day.
- You may return to work 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 Ulladulla Endoscopy and Medical, your local doctor or the nearest hospital for advice.  
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4454 9100.
- You may restart your medications as instructed by Dr Le or your Anaesthetist.

**EMERGENCY** CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

**FEEDBACK:** At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on [admin@southmedical.com.au](mailto:admin@southmedical.com.au) or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

