

## MORNING COLONOSCOPY INSTRUCTIONS

make sure you read **ALL** instructions on both sides of this information sheet

### BOWEL PREPARATION:

- The better your bowel preparation the higher the quality your colonoscopy and the safer it will be.
- You will need to purchase COLONLYTELY (4 sachets) from your pharmacy. If COLONLYTELY is unavailable use GLYCOPREP or GOLYTELY as a substitute. You do not need a prescription.
- You will also need to purchase PICOSALAX or PICOPREP or PICOLAX (2 sachets) from your pharmacy. You do not need a prescription.
- **4 DAYS BEFORE** your colonoscopy stop eating nuts, grains, seeds, fibrous foods, vegetable and fruit skins. Instead eat foods low in fibre e.g. white bread, pasta, crackers, rice, fish, meat etc. If you are prone to constipation start 2 to 4 sachets of Movicol per day at this time (this can be purchased from any pharmacy).
- **THE DAY BEFORE YOUR PROCEDURE YOU MUST NOT EAT ANY SOLID FOODS.** You may only have **clear fluids** such as apple juice, clear soup, jelly, cordial (except red jelly or cordial), black tea or black coffee.
- Drink frequent amounts of water and other clear fluids to prevent dehydration.
- For advice regarding any of your medications, please see overleaf.
- For further information and tips on bowel preparation please see our website [www.coastalgastro.com.au](http://www.coastalgastro.com.au)

### MORNING COLONOSCOPY:

On the day of your procedure please **DO NOT** eat or drink anything.  
(except water only which can be drunk up to 2 hours before your procedure)

### DAY BEFORE YOUR PROCEDURE:

- Do not eat any solid foods the day BEFORE your procedure. Have CLEAR FLUIDS ONLY.
- At **2pm** – take 1 sachet of Picosalax or Picoprep or Picolax. Dissolve all contents in 250mls warm water. Drink contents over 1 – 2 minutes followed by 3 glasses of water over the next hour. Continue to drink 1 glass of clear fluid/hour. Frequent watery bowel motions will occur soon after.
- At **6pm** – take one sachet of Picosalax or Picoprep or Picolax as described for 2pm above. Prepare the Colonlytely by mixing each sachet with 1L of water in a jug and chill in the fridge.
- **Before going to bed** – drink 1L of Colonlytely.  
At **5am** Drink the second litre of Colonlytely if your stools are still not clear (like apple juice).

### ON THE DAY OF YOUR PROCEDURE:

- Fast from **MIDNIGHT**.
- Do not eat or drink anything on the day of your procedure (except water only which can be drunk up to 2 hours before your procedure).
- Take your regular medications with a sip of water at 6am.

.....PLEASE TURN OVER.....

## WHAT IS A COLONOSCOPY?

- ❖ It is a procedure that allows the doctor to look inside the bowel with an instrument called an endoscope.
- ❖ A colonoscopy examines the whole large bowel and allows the doctor to take biopsies (small tissue samples) of the bowel wall and remove polyps (pre-cancerous growths).
- ❖ A colonoscopy enables the doctor to detect inflamed tissue, ulcers and abnormal growths, such as polyps or bowel cancer.
- ❖ They can help the doctor diagnose unexplained changes in bowel habit, abdominal pain, bleeding from the bowel and weight loss.
- ❖ They are appropriate tests for patients with a family history of bowel cancer or colonic polyps.
- ❖ They are reasonably safe procedures. Complications occur in approximately 1 in 1000 examinations (less for flexible sigmoidoscopies). These may include bleeding requiring a blood transfusion, perforation of the bowel requiring emergency surgery, damage to surrounding organs or complications of sedation.

## THINGS TO CONSIDER:

- ❖ **Getting to and from the hospital & care at home after the procedure**
  - On the day of your procedure you must **NOT DRIVE OR TRAVEL HOME IN A TAXI OR ON PUBLIC TRANSPORT UNACCOMPANIED**. Please arrange for someone to drive you to and from your procedure. You will require someone to keep an eye on you the night after the procedure. If you live alone you may need to ask someone to stay with you overnight.
- ❖ **Fasting**
  - Please make sure that you have fasted (no food or fluids) according to the information above. Inadequate fasting increases the risk of complications and may cause your procedure to be delayed or rescheduled.
- ❖ **Allergies**
  - Tell the nursing and medical staff if you are allergic or sensitive to any drug or other substance.
- ❖ **Diabetic Patients**
  - Do **NOT** take your diabetic medications on the day of the procedure, but bring them with you. If you are taking **INSULIN**, please let us know before your procedure so we can provide instructions about managing your insulin on the day of the procedure.
- ❖ **Blood Thinning Medications**
  - Aspirin does not need to be stopped. However, if you are taking other blood thinners such as **Clopidogrel (Plavix), Ticagrelor (Brilinta), Warfarin, Dabigatran (Pradaxa), Apixaban (Eliquis) or Rivaroxaban (Xarelto)**, please discuss these with your GP as these medications may have to be stopped prior to your procedure. In certain circumstances, such as with some coronary stents, they should not be stopped and you may need to see a Gastroenterologist in the rooms prior to your procedure to discuss this. If you are in doubt please contact the rooms prior to your procedure.
- ❖ **Other Medications**
  - On the day of your procedure, please take all your usual other medications (e.g. blood pressure medications) with a sip of water only, at least 2 hours before you are due to attend the hospital.
- ❖ **After the procedure:**
  - If you have any severe abdominal pain, vomiting, fever, or other symptoms that cause you concern, you should contact the Hospital where you had the procedure, the rooms (office hours only) or your Medical Practitioner. Patients with severe symptoms may need to attend their nearest emergency department.