

MORNING COLONOSCOPY INSTRUCTIONS

For step-by-step instructions to your phone, download the BowelPrepPal App from the app store or scan the QR code.



BowelPrepPal



TREATMENT
CODE:

19503

GENERAL INFORMATION:

- Please read **ALL INFORMATION** attached well in advance of your procedure date.
- The better your bowel preparation, the safer and the higher the quality of your colonoscopy will be.

BOWEL PREPARATION (see attached Low Fibre Diet):

- Purchase from your pharmacy (you do not need a prescription):
 - 2 sachets of PICOPREP Orange (If PICOPREP is unavailable, purchase PICOSALAX or PICOLAX)
 - 2 sachets of GLYCOPEP ORANGE (if GLYCOPEP is unavailable, purchase 2 sachets of COLONLYTELY or 2 sachets of GOLYTELY).
- **4 DAYS BEFORE YOUR COLONOSCOPY:**
 - Stop eating nuts, grains, seeds, fibrous foods, vegetable and fruit skins.
 - Peel **ALL** vegetables & fruits.
 - Eat foods that are low in fibre (the 'White Diet') eg: white bread, white crackers, white rice, white pasta, fish, white meat etc.
- ***For extended prep (prone to constipation):***
 - **4 DAYS BEFORE YOUR COLONOSCOPY:**
 - Take 1 – 2 sachets of Movicol or OsmoLax twice daily – (morning & evening) for three days – cease **PRIOR** to starting the Picoprep or similar preparation.

- **THE DAY PRIOR:**

- Eat a **LIGHT BREAKFAST ONLY BEFORE 10AM**. e.g. egg on white toast, cornflakes or rice bubbles, plain croissant, crumpets.
- Drink **CLEAR FLUIDS ONLY FROM 10AM**. Clear fluids include water, fizzy drinks, clear strained soup, clear stock, jelly, cordial (**ONLY YELLOW OR ORANGE COLOURS**), black tea and coffee. Please avoid alcohol. Aim for 2L (about 8 - 10 glasses) in total throughout the day not including the bowel preparation.
- From **10AM DO NOT** have any **SOLID FOODS**.
- At **3PM** – drink 1 sachet of PICOPREP or PICSOLAX or PICOLAX dissolved in 250ml of water followed by 3 glasses of water over the next hour.
 - Frequent watery bowel motions will occur.
- To prevent dehydration, continue to drink at least one glass of water/clear fluid per hour.
- At **6PM** – drink 1 sachet of PICOPREP or PICSOLAX or PICOLAX plus 3 glasses of water as described above.
- Prepare 2L of Glycoprep and store in the fridge.
- At **9PM** drink 1L of Glycoprep before going to bed.

- **DAY OF YOUR PROCEDURE:**

- For admission **BEFORE 8.00AM:**
 - At **4AM** if stools are not clear (like clear apple juice) drink final 1L of Glycoprep.
 - If you are in doubt drink the extra 1L of Glycoprep to give the best results.
- For admission **AFTER 8.00AM:**
 - At **5AM** take your regular medications with a sip of water.

From 5AM until 2hrs prior to your procedure

DRINK ONLY WATER.

NIL BY MOUTH TWO HOURS PRIOR TO YOUR PROCEDURE

WHAT IS A COLONOSCOPY?

- ❖ A colonoscopy is a procedure where the doctor looks inside the bowel with an instrument called a colonoscope. This is a long flexible tube that has a camera on one end.
- ❖ During a colonoscopy the entire large bowel is carefully inspected. During the procedure tissue biopsies can be taken and if polyps are found (pre-cancerous growths) these can be removed.
- ❖ A colonoscopy helps the doctor diagnose unexplained changes in bowel habit, abdominal pain, bleeding from the bowel as well as perform bowel cancer screening.
- ❖ A regular colonoscopy is an important test for patients with a family history of bowel cancer or colonic polyps. Your doctor will tell you the appropriate interval between colonoscopies based on the current Australian Guidelines.
- ❖ Colonoscopies are reasonably safe procedures. **Complications can occur in approximately 1:1000 procedures.** These may include:
 - Bleeding (requiring a blood transfusion)
 - Perforation of the bowel requiring emergency surgery
 - Damage to surrounding organs or complications of sedation
 - Missed significant bowel pathology

THINGS TO CONSIDER:

- ❖ ***If you have diabetes, heart failure or are taking blood thinning medications please see the attached page.***
- ❖ Please bring **ALL** medications with you to the hospital
- ❖ **If you think you may be pregnant – PLEASE CONTACT OUR ROOMS IMMEDIATELY ON 08 6389 0631.**
- ❖ ***Getting to and from the hospital & care at home after the procedure***
 - Please arrange for someone to drive you TO and FROM your procedure. You MUST NOT drive a car. You must not travel home via taxi, Uber or any form of public transport unaccompanied. You will be required to have someone stay with you the night of your procedure. If you live alone, you must ask someone to stay with you.
 - The nursing staff will contact your Next of Kin when you are ready to go home.
 - *Please note, it could be approximately 4 – 5 hours from arriving at the hospital to going home.*
- ❖ ***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.
- ❖ ***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 regular GP. Patients with severe symptoms may need to attend their nearest emergency department.

IMPORTANT INFORMATION

❖ ***Diabetic and Heart Failure Patients***

- 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.
- If you are taking
 - **DAPAGLIFOZIN (FORXIGA, XIGDUO XR OR QTERN)**
 - **EMPAGLIFLOZIN (JARDIANCE, JARDIAMET OR GLYXAMBI)**
 - **ERTUGLIFLOZIN/METFORMIN HYDROCHLORIDE (SEGLUROMET)**

- You will need to stop these medications **3 days before your procedure**. If you are in doubt please discuss with your GP or contact the rooms.
- Any other oral diabetic medications (e.g. metformin, gliclazide etc.) simply do **NOT** take the dose(s) on the morning/day of the procedure but bring the medications with you.

❖ ***Blood Thinning Medications***

- Aspirin does not need to be stopped.
- If you are taking other blood thinners such as
 - **CLOPIDOGREL (PLAVIX)**
 - **TICAGRELOR (BRILINTA)**
 - **WARFARIN**
 - **DABIGATRAN (PRADAXA)**
 - **APIXABAN (ELIQUIS)**
 - **RIVAROXABAN (XARELTO)**

STOP ALL IRON TABLETS AND FISH OIL TABLETS ONE WEEK PRIOR TO YOUR PROCEDURE

- 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.

LOW FIBRE DIET

BREADS & CEREALS

✓ Choose:

Plain white bread/toast, plain muffins, plain bread rolls, crumpets, plain croissants
Refined breakfast cereals: semolina, Cornflakes, Rice Bubbles etc
Plain cakes and biscuits, plain pancakes/pikelets
White rice, white pasta, couscous, polenta, pita bread, bagels

✗ Avoid:

Wholemeal/brown/rye bread, multi-grain bread, muffins, brown crumpets, muffins with fruit
Wholegrain cereals e.g. bran, Weetbix, Vita Brits, unprocessed bran, rolled oats, porridge, muesli
Cakes and biscuits containing nuts and dried fruit
Brown rice and pasta
Wholemeal flour and oatmeal

FRUIT & VEGETABLES

REMOVE ALL SKINS AND SEEDS FROM FRUIT & VEGETABLES BELOW:

✓ Choose

Vegetables: potato without skin, pumpkin without skin, marrow/ squash, choko, avocado, mushrooms
Fruit: ripe banana, apple with no skin, peach with no skin, pears, pawpaw, rockmelon, watermelon,
canned peaches, apples, apricots and pears, diced tinned tomatoes

✗ Avoid:

All other fruit and vegetables, including salad vegetables

MEAT & OTHER PROTEINS

✓ Choose:

Beef, veal, lamb, eggs, pork, poultry, fish and shellfish, tofu, a small amount of refried beans.

✗ Avoid:

Baked beans, casseroles, lentils, legumes, rissoles, stir fry meals, nuts and seeds, pizza.

DAIRY & ALTERNATIVES

✓ Choose:

Milk varieties: milk (full cream), cream, soy milk, rice milk, almond milk
Cheese: Plain cheese, plain cottage cheese, plain cream cheese
Butter, margarine
Plain yoghurt, custard, sour cream

✗ Avoid:

Yoghurt with fruit, dairy drinks with fibre e.g. Up and Go's

DRINKS

✓ Choose:

Water, tea, coffee, plain milk drinks, soft drinks, cordial, strained fruit juices, clear soups, milo or ovaltine

✗ Avoid:

Unstrained fruit juices, red and green coloured drinks

OTHER FOODS

✓ Choose:

Plain lollies, clear jellies (not red), sugar, chocolate, honey, jelly strained jams, vegemite

✗ Avoid:

Jams with skins and seeds, peanut paste/butter, dried fruits/nuts, marmalade

Note:

Please increase water intake during this period to avoid dehydration.

If you have any queries contact Coastal Gastroenterology on (08) 6389 0631



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Is your bowel clean?

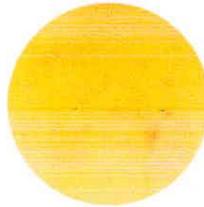
- Semi -solid stool
- Dark & murky



- Liquid stool
- Small amount of faeces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
READY



**Colonoscopies
save lives!**



! You must complete your entire prescribed bowel preparation even if you think your bowel is clean at an earlier stage

If you have completed your bowel preparation and the waste in your toilet does not look like this please contact your Doctor

Adapted from Hoonsub et al; 2015

1. Hoonsub S et al. Intestinal Research 2015;13(2):153-159.

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