

**DATE of COLONOSCOPY:** \_\_\_\_\_

**GASTROENTEROLOGIST:**

**Dr.Bassily    Dr.Glance    Dr.Nguyen    Dr.Lachal**

**PROCEDURE LOCATION:**

- |   |   |
|---|---|
| <input type="checkbox"/> La Trobe University Medical Centre | - Cnr Kingsbury Dve & Plenty Rd, Bundoora |
| <input type="checkbox"/> Bundoora Endoscopy                 | - 119 Plenty Rd, Bundoora                 |
| <input type="checkbox"/> Warringal Private Hospital         | - 216 Burgundy St Heidelberg              |
| <input type="checkbox"/> Coburg Endoscopy                   | - 15 Munro St, Coburg                     |
| <input type="checkbox"/> Cotham Private Hospital            | - 209 Cotham, Rd Kew                      |

**COLONOSCOPY INFORMATION**

A colonoscopy is a procedure that enables your doctor to examine the lining of the colon (large bowel). Under sedation, a flexible tube is gently passed via the rectum (back passage) into the colon. A tissue sample (biopsy) may be taken, or polyps (growths) removed and sent to the pathologist. Colonoscopy is the best test to assess for bowel polyps or cancers, although no test is 100% accurate. The procedure usually takes approximately 30 minutes, and most patients will not remember the procedure at all.

**Is Colonoscopy safe?**

Colonoscopy is a safe and well tolerated procedure, although it is recommended that you seek advice prior to the procedure if you have significant heart, lung or kidney problems. It is normal to feel temporary bloating following the procedure due to inflation of the bowel during the procedure. Occasionally there may be nausea or lightheadedness following the anaesthetic. Serious complications are rare, but may include:

- **Perforation** (a hole in the bowel wall) which may require surgery – this is uncommon, 1:3000 cases
- **Aspiration** (inhaling of stomach contents into the lung whilst sedated) which may require antibiotic treatment or hospitalization if severe;
- **Bleeding** if a polyp is removed – this may occur up to 2 weeks following the procedure and rarely requires hospitalization or further procedures to stop the bleeding
- **Death** is extremely rare, although this is a possible consequence of any medical procedure.

If you wish to discuss the details of all possible rare complications, you should inform your doctor and/or anaesthetist **prior** to the procedure.

**What Bowel Preparation is required?**

For the procedure to be accurate, the colon must be completely clean. This is achieved using a "BOWEL PREPARATION KIT" (see next page for further instructions), which causes mild-moderate diarrhoea. This is available at the GastroNorth main rooms or at your local pharmacy without a prescription for a small fee.

**What do I need to bring?**

You will need to bring your doctor's referral if available, health fund card and medicare card. You will need to change into a patient gown for the procedure, and so please bring loose fitting clothing that can be easily removed and folded. Any jewellery and valuables should be left at home.

**What happens afterwards?**

You may be drowsy for several hours following the colonoscopy due to the sedation administered. **A friend or family member needs to drive you home** your procedure may be cancelled if this has not been organized. You must not drive or operate any machinery for 24 hours afterwards. You can continue taking all of your prescription medications as directed.

Please contact your doctor if you experience any severe abdominal pain, heavy bleeding, fevers/chills, breathing difficulty, or any other symptoms you are concerned about. Alternatively, contact the closest emergency department e.g. The Northern Hospital (9405 8000), The Austin Hospital (9496 5000)

**IF YOU DO NOT UNDERSTAND ANY OF THE ABOVE INFORMATION, OR HAVE FURTHER QUESTIONS OR CONCERNS, PLEASE CONTACT GASTRONORTH 9473 8865.**

I have read and understood the above information regarding Colonoscopy. I understand the reason for my doctor to recommend that I undergo a Colonoscopy and understand the risks associated with this procedure as outlined above. I have been given an opportunity to discuss any concerns or queries.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Witness (Doctor)** \_\_\_\_\_

**Date:** \_\_\_\_\_

# COLONOSCOPY INSTRUCTIONS

## GENERAL INFORMATION

- **Dietary Modification** – For 2-3 days prior to the colonoscopy avoid foods with grains or seeds.
- **Medications** – You can usually take all of your regular medication with a sip of water. If you take warfarin/coumadin, clopidogrel (Plavix/Iscover), insulin please seek advice at least 10 days prior to the colonoscopy. Oral diabetic medications can be withheld on the day of the procedure. In general, please cease the following drugs 7 days prior to the colonoscopy: anti-inflammatories (nurofen, indocid, voltaren etc), iron tablets (including multivitamins containing iron), and drugs to stop diarrhoea. If you take the Oral Contraceptive Pill you should *use alternative contraception for 7 days* after the bowel preparation is commenced as the pill's absorption may be temporarily affected.

### Bowel Preparation Kit

You will need to obtain **THREE Picolax OR Picoprep sachets.**

This is available at the GastroNorth main rooms or at your local pharmacy without a prescription. Each sachet of Picolax/Picoprep should be dissolved in a glass of warm water (approximately 250ml).

This can be chilled beforehand if preferred.

## FOR A MORNING COLONOSCOPY

### Day Before the Colonoscopy

- **STEP 1: Diet** Only CLEAR FLUIDS are allowed. This includes: water, coffee or tea (without milk), clear fruit juice (no pulp), clear soups (e.g. clear chicken broth), cordial or sports drinks (avoid red/purple colourings), lucozade, Jelly.
- **STEP 2: 4 pm** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS
- **STEP 3: 6 pm** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS
- **STEP 4: 8 pm** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS

### Day of the Colonoscopy

- **STEP 5: READY** Take regular medications (except diabetic medications) with a sip of water. Nothing to eat or drink for **6 hours prior** to the procedure, except for medications. Arrive at scheduled time. Please note that the appointment time is not the time of the endoscopic procedure

## FOR AN AFTERNOON COLONOSCOPY

### Day Before the Colonoscopy

- **STEP 1: Diet** You may have a light low fibre breakfast, but NOTHING to eat thereafter. Only CLEAR FLUIDS are allowed after breakfast. This includes: water, coffee or tea (without milk), clear fruit juice (no pulp), clear soups (e.g. clear chicken broth), cordial or sports drinks (avoid red/purple colourings), lucozade, Jelly.
- **STEP 2: 6 pm** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS
- **STEP 3: 8 pm** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS

### Day of the Colonoscopy

- **STEP 4: 7am** One **Picolax or Picoprep**. Follow with two glasses of CLEAR FLUIDS
- **STEP 5: READY** Take regular medications (except diabetic medications) with a sip of water. Nothing to eat or drink for **6 hours prior** to the procedure. Arrive at scheduled time. Please note that the appointment time is not the time of the endoscopic procedure.

**Please note: You will NOT be able to drive home, someone must pick you up. You cannot operate a vehicle or machinery on the day of the procedure.**

**IF YOU DO NOT UNDERSTAND ANY OF THE ABOVE INFORMATION, OR HAVE FURTHER QUESTIONS OR CONCERNS, PLEASE CONTACT GASTRONORTH ON 9473 8865.**