

COLONOSCOPY INSTRUCTIONS – DOUBLE BOWEL PREPARATION

Date of Colonoscopy _____ in the **Morning / Afternoon** with Doctor _____

PROCEDURE LOCATION:

Bundoora Endoscopy	119 Plenty Road, Bundoora	Ph: 9466 8466
Northpark Private Hospital	Cnr Plenty & Greenhills Road, Bundoora	Ph: 9468 0800
John Fawkner Hospital	275 Moreland Road, Coburg	Ph: 9385 2500
Cotham Private Hospital	209 Cotham Road, Kew	Ph: 8803 0505
Epworth Eastern	1 Arnold Street, Box Hill	Ph: 8807 7100

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 procedures 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 lung whilst sedated) – may need antibiotics or hospitalisation if severe.
- **Bleeding** if a polyp is removed – this may occur up to 2 weeks following the procedure and rarely requires hospitalisation 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 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 or your procedure may be cancelled if this has not been organised.** 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 eg. The Northern Hospital (9405 8000), The Austin Hospital (9496 5000).

GENERAL INFORMATION

Dietary Modification – For 2-3 days prior to the colonoscopy avoid foods with grains or seeds.

Medications – You can usually take all your regular medication with a sip of water. If you take Insulin, Warfarin/Coumadin, Clopidogrel (Plavix/Iscover) or other blood thinning medication please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued. Oral diabetic medications can be withheld on the day of the procedure. Cease the following drugs 7 days prior: 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 affected.

IF YOU DO NOT UNDERSTAND ANY OF THE ABOVE INFORMATION, OR HAVE ANY FURTHER QUESTIONS OR CONCERNS, PLEASE CONTACT GASTRONORTH ON 9468 9700.

FURTHER INSTRUCTIONS: _____

DOUBLE BOWEL PREPARATION

Your doctor has asked you to have double bowel preparation to ensure optimal views at colonoscopy.

Bowel Preparation Kit

You will need to obtain:

1. One box containing 3 sachets of either Picoprep/Pixelax or Picosalax
2. One box of Prep Kit C (2 sachets of Picolax/Picoprep and 1 Litre of Glycoprep C)

This is available at Gastronorth or at your local pharmacy without a prescription.
Each sachet of Picolax/Picoprep/Picosalax should be dissolved in a glass of warm water (approx.. 250mls).
The sachet of Glycoprep should be dissolved in 1 Litre of warm water. This can be chilled after dissolving if preferred.

FOR ALL PATIENTS

Two Days Before the Colonoscopy

- STEP 1: **Diet** Normal diet, but avoid foods with nuts and seeds
STEP 2: **4.00pm** One **Picolax/Picoprep/Picosalax** (see above). Follow with 2 glasses of CLEAR FLUIDS.
STEP 3: **6.00pm** One **Picolax/Picoprep/Picosalax** (see above). Follow with 2 glasses of CLEAR FLUIDS.
STEP 4: **8.00pm** One **Picolax/Picoprep/Picosalax** (see above). Follow with 2 glasses of CLEAR FLUIDS.

FOR A MORNING COLONOSCOPY

Day Before the Colonoscopy

- STEP 1: **Diet** Only CLEAR FLUIDS are allowed. This includes: water, coffee or tea (**no milk**), clear fruit juice (no pulp), clear soups (eg. Clear chicken broth), cordial or sports drinks (avoid red/purple colourings), Lucozade and jelly (avoid red/purple colourings).
****It is important that you drink lots of fluids to optimise the views at colonoscopy.**
STEP 2: **4.00pm** One **Picolax/Picoprep** (see above). Follow with 2 glasses of CLEAR FLUIDS.
STEP 3: **6.00pm** Drink **Glycoprep C**, a glass every 15 minutes, to finish the 1 Litre in 1-1.5 hours.
If you are feeling nauseated, slow the rate of intake.
STEP 4: **8.00pm** One **Picolax/Picoprep** (see above). 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.
Remain fasting (no food or drink).
Arrive at scheduled time. Please note that the appointment time is not the time of the 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 (no milk) clear fruit juice (no pulp), clear soups (eg. Clear chicken broth), cordial or sports drinks (avoid red/purple colourings), Lucozade and jelly (avoid red/purple colourings).
****It is important that you drink lots of fluids to optimise the views at colonoscopy.**
STEP 2: **6.00pm** One **Picolax/Picoprep** (see above). Follow with 2 glasses of CLEAR FLUIDS.
STEP 3: **8.00pm** Drink **Glycoprep C**, a glass every 15 minutes, to finish the 1 Litre in 1-1.5 hours.
If you are feeling nauseated, slow the rate of intake.

Day of Colonoscopy

- STEP 4: **7.00am** One **Picolax/Picoprep** (see above). Follow with 2 glasses of CLEAR FLUIDS.
STEP 5: **READY** Take regular medications (except diabetic medications) with a sip of water.
Remain fasting (no food), or no fluids for 4 hours prior to admission time.
Arrive at scheduled time. Please note that the appointment time is not the time of the procedure.

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