QUEENSLAND GASTROENTEROLOGY

Associates in Practice
Specialising in Gastrointestinal and Liver Diseases

Preparing for your Colonoscopy - Patient Instruction Booklet

EXTENDED PICO SPLIT PREPARATION

PLEASE FULLY READ THE COLONOSCOPY CONSENT BOOKLET AND ALL OF THESE INSTRUCTIONS AT LEAST 7 DAYS BEFORE YOUR PROCEDURE

Please arrive at _____ on _____ / _____ / _____ at _____ for your hospital procedure with Dr _____

Please present to _____ at the hospital at your admission time above. You are required to be nil by mouth from _____

- ☐ **This is day surgery**
- ☐ **This procedure requires a -** _____ **night stay**

As you will receive sedation for the procedure and will not be able to drive any type of vehicle for 24 hours following the procedure, you must arrange for a friend or relative to take you home from the hospital and be with you the rest of the day and overnight following the procedure. If you are traveling home by DVA, Taxi or Uber you will need a friend or family member to accompany you in the car home.

Additional notes:

For enquiries regarding your booking or questions about your preparation and procedure please ring our rooms on 07 3324 1500 or email info@qgastro.com.au

What is colonoscopy prep?

In order for a complete examination of the bowel to be made you will need to undergo a bowel preparation to remove all the bowel content prior to your colonoscopy. It is vital that you **STRICTLY** follow these instructions as any faecal material left in the colon may prevent small abnormalities from being detected by colonoscopy and may require your procedure to be repeated.

Seven days before your procedure: (_____)

- Stop any iron tablets, multivitamins and fish oil until the procedure has been performed.
- If you are on **blood thinners or a diabetic on tablets or insulin**, you should have instructions about what to do with these medications before your procedure. If you haven't recieved these instructions, please contact our suites at least seven days prior. You MUST remain on aspirin unless stated otherwise instructed.
- If you have an **implantable electronic device such as a pacemaker, defibrillator, drug pump or nerve stimulator**, please contact our suites at least seven days before your procedure.
- If you have **chronic constipation that requires regular laxatives** or had **problems with your bowel not being completely cleaned out for previous colonoscopies**, please contact our suites at least seven days before your procedure as you may need modification to your preparation.
- Given the small risk of bleeding including delayed bleeding after a colonoscopy, please make sure you **don't travel internationally, long distances or to remote rural locations for at least two weeks after the procedure.**

Four days before your procedure: (_____)

Today you will start your low fibre diet. Keeping strictly to this diet and having NO skins, seeds and pips will increase the effectiveness of the bowel preparation. Commence Movicol one satchet twice daily for the next three days (i.e four days, three days, two days before your procedure). The Movicol can be bought over the counter from the pharmacy.

Today any solid food you eat **MUST** come from the following low fibre list:

Boiled or steamed white fish (no skin) or chicken (no skin), egg, plain cheese (cheddar, cream, cottage), white bread, plain SAO crackers, butter, margarine, potato (no skin), plain or vanilla yoghurt (with NO seeds, berries, nuts or inulin), white pasta, white rice, plain white rice noodles and tofu.

Do not eat any other solid food that is not on this list.

All fluids you drink throughout today **MUST** be low fat milk or clear fluids.

ACCEPTABLE CLEAR FLUIDS

Clear apple juice, water, clear soups or broths containing no solid material, bonox, black tea and or coffee (with or without minimal amounts of sugar if desired), low fat milk, carbonated and non-carbonated soft drinks, jelly, popsicles, cordial, sports drinks and barley sugar lollies. **NONE OF THESE CAN BE RED, PURPLE OR BLUE IN COLOUR.**

The day before your procedure: (_____)

Have breakfast and lunch (completed before 12pm) from the low fibre diet and clear fluids you have been following yesterday. **After 12pm** the only oral intake (other than the colonoscopy preparation and your medication) you can have are **CLEAR FLUIDS** from the list above. Clear fluids can be taken until you start fasting for your procedure. No alcoholic beverages can be taken today.

It is important that you continue to drink sufficient clear fluids during the day to avoid dehydration.

The Bowel Preparation – the day before the colonoscopy

Before **8am** make up the 3 x one litre sachet of COLONLYTELY OR GLYCOPREP following the instructions on the sachet. Place this three litres solution in the refrigerator.

At 4pm: Make up the sachet of PICOLAX OR PICOPREP following the instructions on the sachet. Drink the mixture gradually but completely over 5-10 minutes. Follow this by three 250ml glasses of clear fluids over the next 60 minutes.

At 6pm: Remove TWO litres of COLONLYTELY OR GLYCOPREP from the refrigerator. Over the next two hours drink completely the two litres of solution at a rate of one 250ml glass every 10-15 minutes. You should have loose motions within 1-3 hours. You should remain within easy reach of toilet facilities.

During the evening it is important that in addition to taking the preparation solutions, you continue to drink sufficient clear fluids to avoid dehydration.

At 10pm: If your bowel motions are NOT CLEAR then have a further ONE litre of COLONLYTELY OR GLYCOPREP over an hour. If your bowel motions are clear, then there is no need tohave this fourth litre.

The Bowel Preparation – the day of your colonoscopy

Four and a half hours prior (_____) **to your admission time**, make up the sachet of PICOLAX OR PICOPREP following the instructions on the sachet. Drink the mixture gradually but completely over 5-10 minutes. Follow this by three 250ml glasses of clear fluids over the next 50 minutes. The PICOLAX OR PICOPREP and the three glasses of clear fluids **MUST be completed by three and a half hours prior** (_____) **to your admission time.** Once the PICOLAX OR PICOPREP and three glasses of clear fluids are completed you **MUST then remain completely nil by mouth until your procedure.**

For some morning procedures, you will need to get up during the night to take this last part of the preparation. The correct timing of this dose is essential for an effective preparation.

Effects of Bowel Preparation:

Individual responses to laxatives vary and some uncommon side effects include;

- headaches
- electrolyte disturbance
- nausea
- altered absorption of medications

The preparation should cause multiple bowel movements. It usually induces frequent, loose bowel movements within 1-3 hours of taking a dose, but the effect may be delayed. Abdominal bloating is frequent. Walking and a hot pack will help with this. By the time you have finished the preparation your bowel motions should have the appearance of lightly coloured water. The preparation may also worsen haemorrhoidal discomfort for which a barrier cream (eg zinc cream, lanolin or Vaseline) may be applied to the anal region.

Please bring the following to the hospital:

1. Your signed information consent booklet for the procedure.
2. Your health insurance or DVA information.
3. Please wear comfortable, loose clothing.
4. A list of all current medications and allergies.
5. CPAP machine if you have one for sleep apnoea

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