

PATIENT INSTRUCTIONS FOR COLONOSCOPY PREPARATION

PATIENT'S UNDER 70 YEARS
1 x GLYCOPREP & 2 x PICOPREP

DAY OF PROCEDURE

DATE

TIME

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

**PLEASE FOLLOW THESE INSTRUCTIONS
CAREFULLY**

**PLEASE ALSO NOTE THERE MAY BE DELAYS
GOING INTO THE THEATRE**

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**GLEN EIRA DAY SURGERY
544 HAWTHORN ROAD
CAULFIELD SOUTH VIC 3162**

MORNING APPOINTMENT—7am to 11.45am

TWO DAYS before your COLONOSCOPY
Avoid foods which contain seeds & pips
(i.e., whole grain breads, nuts and strawberries)

THE DAY before your COLONOSCOPY
Have a light breakfast before 10am

After 10am **do not eat any solids or drink any milk products** until after your procedure.

You may only drink clear fluids
(see definition on the back of this leaflet)
It is important to drink as much clear fluid as can be tolerated.
Make up the first sachet of **Glycoprep** by dissolving contents of sachet in one litre of tap water.
This may be chilled until required.

FIRST DOSE 4pm (PICOPREP)

Take first sachet of **PicoPrep** and add to a glassful of water (approx 250ml). Stir and drink the mixture. You are encouraged to follow with 'approved clear fluids'

SECOND DOSE 5pm (GLYCOPREP)

Drink one **250ml glass** of the prepared **Glycoprep** solution **every 15 minutes** until completed (4 glasses in the hour). If you feel nauseous or bloated you may drink it more slowly, for example over 1-2 hours.

THIRD DOSE 6pm (PICOPREP)

Take second sachet of **PicoPrep** and add to a glassful of water (approx 250ml). Stir and drink the mixture. You are encouraged to follow with 'approved clear fluids'

NIL BY MOUTH from 12 MIDNIGHT

No food or fluid of any kind until after the procedure.
(This includes: smoking, chewing gum and drinking water)

**MEDICATION TABLETS MAY BE TAKEN WITH A SIP OF WATER
FOR VIDEO EXPLANATION VISIT www.caulfieldendoscopy.com.au**

AFTERNOON APPOINTMENT—12pm to 4pm

TWO DAYS before your COLONOSCOPY
Avoid foods which contain seeds & pips
(i.e., whole grain breads, nuts and strawberries)

THE DAY before your COLONOSCOPY
Have a light breakfast before 11am

After 11am **do not eat any solids or drink any milk products** until after your procedure.

You may only drink clear fluids
(see definition on the back of this leaflet)
It is important to drink as much clear fluid as can be tolerated.
Make up the first sachet of **Glycoprep** by dissolving contents of sachet in one litre of tap water.
This may be chilled until required.

FIRST DOSE 5pm (PICOPREP)

Take first sachet of **PicoPrep** and add to a glassful of water (approx 250ml). Stir and drink the mixture. You are encouraged to follow with 'approved clear fluids'

SECOND DOSE 7pm (GLYCOPREP)

Drink one **250ml glass** of the prepared **Glycoprep** solution **every 15 minutes** until completed (4 glasses in the hour). If you feel nauseous or bloated you may drink it more slowly, for example over 1-2 hours.

THIRD DOSE: DAY OF PROCEDURE 7am (PICOPREP)

Take second sachet of **PicoPrep** and add to a glassful of water (approx 250ml). Stir and drink the mixture. You are encouraged to follow with 'approved clear fluids'

NIL BY MOUTH from 8AM

No food or fluid of any kind until after the procedure.
(This includes: smoking, chewing gum and drinking water)

**MEDICATION TABLETS MAY BE TAKEN WITH A SIP OF WATER
FOR VIDEO EXPLANATION VISIT www.caulfieldendoscopy.com.au**

PLEASE NOTE:

- If you are **diabetic** please bring your medication with you.
- **Asthma Inhalers** should be brought to your appointment, if you use them.
- You **must arrange** for a responsible adult to **collect** you from the endoscopy centre after the procedure. The Nurse will call **half an hour** before you're ready to go home.
- You will be at the centre for approximately **3-3½ hours**. **Please be advised that within this time you may wait between 1 to 2 hours in the waiting room before you go into theatre.**
- You are **not allowed** to leave on your own or drive a car.
- If necessary a taxi may be organised for you.
- You should not return to work after the procedure, instead, rest at home. You may return to work the following day.
- A locker will be provided for storage of personal items. No liability will be accepted by GEDS for valuables/jewellery kept on the premises. Wear loose comfortable clothing; you will change into a gown.

CLEAR FLUIDS THAT YOU CAN DRINK

Water — Bonox

Clear broth/bouillon — Clear fruit juices

Plain jelly (not red or purple) — Black tea or coffee (no milk)

Sports drinks (not red or purple) — Clear cordials (not red or purple)

The solutions are designed to clean out your bowel and therefore will give you diarrhoea. Frequent bowel movements usually occur within 1-3 hours of commencing dosage.

Please bring your Medicare, Private health & Pension card and a list of your current Medication on the day as you will fill out pre-admission forms. All payments will be taken on admission before you go through to theatre.

Please note that occasionally one's teeth may be damaged during the procedure.

PLEASE REMAIN NEAR TOILET FACILITIES

PATIENT INFORMATION

WHAT IS A COLONOSCOPY?

Colonoscopy is a procedure used to inspect the bowel and allows for a variety of operations to be carried out through the colonoscope. These operations may include taking small tissue samples (biopsy) and removal of polyps. An alternative method of examining the large bowel is barium enema. Colonoscopy has the advantage over barium enema of allowing tissue samples or biopsies to be taken.

HOW TO BE PREPARED

Prior to the colonoscopy you will be provided with a preparation kit containing full instructions. This enables the bowel to be cleaned out to provide good views of the bowel. You will be given a sedative drug through a vein in the arm before the procedure to make you more comfortable.

SPECIAL CONSIDERATIONS

You should advise nursing staff if you are sensitive (allergic) to any drug or other substance (especially Latex). You should **cease iron** tablets and any drugs to stop diarrhoea five days before the procedure. You should inform your doctor if you are taking blood thinning tablets, have heart valve disease, or have a pacemaker implanted.

WHAT DO WE DO

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the rectum into the large intestine to allow inspection of the whole large bowel. As a cancer of the large bowel arises from pre-existing polyps (a benign wart-like growth), it is advisable that if any polyps are found they should be removed at the time of examination. Most polyps can be burnt off (polypectomy) by placing a wire snare around the base and applying an electric current. Since the procedure is done while you are sedated, you will not feel any pain or discomfort.

SAFETY AND RISKS

For inspection of the bowel alone, complications occurring 1 in 1000 examinations or less. Complications which can occur include:

- An intolerance of bowel preparation solution or reaction to sedatives used;
- Perforation (making a hole in the bowel) or major bleeding from the bowel. This is rare, but can occur.

PATIENT INFORMATION—SAFETY AND RISKS

- When operations such as the removal of polyps are carried out during the procedure, there is a slightly higher risk of perforation or bleeding from the site where the polyp has been removed. This may then require surgery;
- Complications of sedation are uncommon and are usually avoided by administering oxygen during the procedure, and monitoring oxygen levels in the blood. Rarely however, in patients with severe cardiac or chest disease, serious sedation reactions can occur.
- A number of rare side effects can occur with any endoscopic procedure. Death is a remote possibility with an interventional procedure. If you wish to have full details of **rare** complications, you should indicate to your doctor before the procedure that you wish for all possible complications to be fully discussed;
- Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. However, it will not be possible to discuss the removal with you at the time of examination, as you will be sedated. Therefore, it is necessary that you agree to having removed any polyps found during the procedure; If you have any questions or reservations about this, please inform your doctor before the procedure.
- In the unlikely event of haemorrhage occurring, a blood transfusion may be necessary.

AFTERWARDS, YOU SHOULD NOT DRIVE, OPERATE MACHINERY, RETURN TO WORK OR SIGN ANY IMPORTANT DOCUMENTS FOR ATLEAST TWENTY FOUR HOURS.

AFTER YOUR PROCEDURE

The sedative painkiller you are given before the procedure is very effective in reducing any discomfort. However, it may also affect your memory for some time afterwards. If you do not recall discussions following the procedure, you should contact your specialist.

If you have any severe abdominal pain, bleeding from the back passage, fever or other symptoms that cause you concern, you should contact us immediately on **9595 6666 or 9387 1000 (Drs Pianko, Dev, Ratnam & Knight)**. If you have any problems contacting us, please see your local doctor or present to the nearest Accident and Emergency / Casualty centre.