

COLONOSCOPY INSTRUCTION SHEET

COLONLYTELY (Friday Afternoon Procedure)

Please do not drive yourself to the hospital, as you will not be able to drive yourself home. Arrange for someone to pick you up.

IMPORTANT TO NOTE:

- Bring all relevant x-rays.
- **Diabetic patients:** Do not take your medication on the day, but bring it with you.
- ** **Blood thinning medications:** Please contact Dr Bray's rooms (Phone 9386 5346) if you are taking Warfarin, Pradaxa (Dabigatran) Xarelto (Rivaroxaban), Eliquis (Apixaban), Clopidogrel (Iscover, Plavix, CoPlavix), Prasugrel (Effient) or Ticagrelor (Brilinta) or have had recent coronary stents to arrange an appointment or receive instructions prior to your appointment.
- **Stop** iron tablets one week prior to the procedure.
- Aspirin may be continued if used alone.
- Take your usual other medications (eg. Blood pressure medication) even on the day of your procedure.

DIET INSTRUCTION:

Please follow these instructions (NOT instructions on packet) carefully to ensure the bowel will be perfectly clear for the procedure. If the bowel is not clean, the procedure may have to be repeated.

BOWEL PREPARATION:

The bowel preparation can be bought from any Pharmacy without a prescription.

You will need to obtain 4 packets of COLONLYTELY- this is mixed with 4 litres of water (i.e. 1 litre of water per packet) and put in the fridge the morning before the colonoscopy (This solution is to clear out your bowel prior to the procedure).

If Colonlytely is unavailable, it can be substituted for the same quantity of Glycoprep or Golytely.

You will also need to get **3 DULCOLAX** tablets from your Pharmacy.

(Use some OsmoLax or Movicol leading up to the procedure if you suffer from constipation.)

THE DAY BEFORE THE COLONOSCOPY: Thursday

Have a LIGHT breakfast on Thursday and **then from 10am DO NOT eat any solid food (only fluids)**. Avoid milk. You may only have clear fluids such as apple juice, CLEAR soup, jelly, cordial and black tea or black coffee. Drink as much as you like. Drink frequent amounts of water to prevent dehydration. Aim to have one glass of water per hour.

THEN AT:

1. **12 noon** - Take the **3 DULCOLAX** tablets
2. **6 pm** - Start drinking the **Colonlytely** solution - **Drink the first 2 litres (only)** at a steady rate (over 2 hours).

You will start to have frequent bowel actions fairly soon after you have started drinking the solution.

THE DAY OF THE COLONOSCOPY: Friday

3. **Five hours before your admission time** start drinking **the last 2 litres of Colonlytely** (drink over 2 hours).
4. **FAST** (No food or drink) **for at least 2 hours before admission time.**

On arrival to hospital report to the nursing staff if your bowel motions are still not clear.

AFTER THE PROCEDURE:

• You may feel some discomfort/bloating because of the air inflated into your colon during the procedure. Passing wind will help relieve the discomfort. There may be a trace of blood with your first bowel action if a biopsy was taken or polyps were removed. This usually settles of its own accord.

• **NOTE: You must not drive a car, work with dangerous machinery or make decisions until the next morning.**

***If nausea or vomiting then slow down preparation, ensure fluids chilled and try drinking through straw.*