

COLONOSCOPY INSTRUCTION SHEET

PicoPrep or Picosalax (Monday Morning 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) 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.

BOWEL PREPARATION:

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

You will need to obtain 3 x PicoPrep or Picosalax sachets. (This solution is to clear out your bowel prior to the procedure). Obtain this preparation well before your test as sometimes stocks are low at the pharmacy.

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.

TWO DAYS BEFORE THE COLONOSCOPY: Saturday

*Maintain a low fibre diet. Avoid brown or wholegrain breads, cereals and any foods containing **seeds**, nuts or yellow cheese. Limit your intake of vegetables and fruit. Use some OsmoLax or Movicol if you suffer from constipation.

*You may have egg, steamed white fish, poached chicken, white bread, white pasta or white rice.

THE DAY BEFORE THE COLONOSCOPY: Sunday

Do not eat any solid food (only fluids) the day before the procedure. 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.**

****Sunday morning - Dissolve each packet of PicoPrep or Picosalax in a glass (250ml) of warm water and put in fridge for later use (a total of 3 glasses of preparation)**

1. **5 pm** Take the first glass of chilled **PicoPrep or Picosalax**. Drink the contents of the glass over 1-2 minutes followed by a further 3 glasses of water over the next hour. Continue to drink at least 1 glass of clear fluid per hour. Frequent watery bowel motions will occur soon after (usually around 1-3 hours later)
2. **8 pm** Take the second glass of **PicoPrep or Picosalax** over 1-2 minutes, followed by 3-4 glasses of water over next hour and then 1 glass of water every hour until go to bed.

THE DAY OF THE COLONOSCOPY: Monday

3. **4 hours before admission time**, take the third glass of **PicoPrep** or Picosalax over 1-2 minutes followed again by 3 glasses of water over the next hour. Continue to drink 1 glass of water each hour until 2 hours before admission time.
4. **FAST (Nothing to eat or drink) 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.
- Make an appointment to see your doctor or follow the instructions as indicated on your report.

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