

GENERAL INFORMATION:

- Please read **ALL INFORMATION** attached.
- The better your bowel preparation, the higher quality of your procedure and the safer it will be.
- Purchase PICOSALAX or PICOPREP or PICOLAX (2 sachets) from your pharmacy. You do not need a prescription. In addition purchase COLONLYTELY (2 sachets) from your pharmacy. You do not need a prescription. (If COLONLYTLEY is unavailable, purchase 2 sachets of GLYCOPREP or 2 sachets of GOLYTELY).

BOWEL PREPARATION (see attached Low Fibre Diet):

- **4 DAYS BEFORE YOUR COLONOSCOPY:**
 - Stop eating nuts, grains, seeds, fibrous foods, vegetable and fruit skins (peel **ALL** vegetables & fruit skins).
 - Eat foods low in fibre (the 'White Diet') eg: white bread, white crackers, white rice, white pasta, fish, white meat etc.
 - If you are prone to constipation purchase Movicol from your pharmacy and start 2 - 4 sachets daily.
- **THE DAY PRIOR:**
 - Eat a LIGHT BREAKFAST only **BEFORE** 8.00AM.
 - Drink **CLEAR FLUIDS ONLY FROM 10.00AM** eg: apple juice, clear soup, jelly, cordial (except red jelly or cordial), black tea or black coffee.
 - From 10am **DO NOT** have any SOLID FOODS.
 - At **2.00 PM** – drink 1 sachet of PICSOLAX or PICOPREP or PICOLAX (dissolved in 250ml of water followed by 3 glasses of water over the next hour). Frequent watery bowel motions will occur.
 - In order to prevent dehydration, continue to drink one glass of water/clear fluid per hour.
 - At **6.00 PM** – drink 1 sachet of PICSOLAX or PICOPREP or PICOLAX as described above.
 - Prepare 2L of Colonlytely and store in the fridge.
 - Drink 1L of Colonlytely before going to bed.
- **DAY OF YOUR PROCEDURE:**
 - Fast from midnight.
 - At **5.00 AM** – if stools are not clear (like clear apple juice) drink final 1L of Colonlytely.
 - At **6.00 AM** – take your regular medications with a sip of water.
 - **DO NOT DRINK OR EAT** anything from 6AM.

WHAT IS A COLONOSCOPY?

- ❖ A colonoscopy is a procedure where the doctor looks inside the bowel with an instrument called a colonoscope. This is along tube that has a camera on one end.
- ❖ During a colonoscopy the entire large bowel is carefully inspected. If there is inflamed tissue, this can be biopsied. If the polyps are found (pre-cancerous growths) these can be removed during the procedure.
- ❖ A colonoscopy helps the doctor diagnose unexplained changes in bowel habit, abdominal pain, bleeding from the bowel.
- ❖ A regular colonoscopy is an important test for patients with a family history of bowel cancer or colonic polyps. Your doctor will tell you the appropriate interval between colonoscopies based on the current Australian Guidelines.
- ❖ Colonoscopies are reasonably safe procedures. Complications can occur in approximately 1:1000 procedures. These may include:
 - Bleeding (requiring a blood transfusion)
 - Perforation of the bowel requiring emergency surgery
 - Damage to surrounding organs or complications of sedation

THINGS TO CONSIDER:

- ❖ ***If you have DIABETES, take diabetic medication or blood thinning medications please see the attached page***
- ❖ Please bring **ALL** medications with you to the hospital
- ❖ ***Getting to and from the hospital & care at home after the procedure***
 - Please arrange for someone to drive you TO and FROM your procedure. You MUST NOT drive a car. You must not travel home via taxi or public transport unaccompanied. You will be required to have someone stay with you the night of your procedure. If you live alone, you must ask someone to stay with you.
- ❖ ***Fasting***
 - Please make sure that you have fasted (no food or fluids) according to the information above. Inadequate fasting increases the risk of complications and may cause your procedure to be delayed or rescheduled.
- ❖ ***Allergies***
 - Tell the nursing and medical staff if you are allergic or sensitive to any drug or other substance.
- ❖ ***Other Medications***
 - On the day of your procedure, please take all your usual other medications (e.g. blood pressure medications) with a sip of water only, at least 2 hours before you are due to attend the hospital.
- ❖ ***After the procedure:***
 - If you have any severe abdominal pain, vomiting, fever, or other symptoms that cause you concern, you should contact the hospital where you had the procedure, the rooms (office hours only) or your regular GP. Patients with severe symptoms may need to attend their nearest emergency department.

IMPORTANT INFORMATION

❖ ***Diabetic Patients***

- If you are taking **INSULIN**, please let us know before your procedure so we can provide instructions about managing your insulin on the day of the procedure.
- If you are taking
 - **DAPAGLIFOZIN (FORXIGA, XIGDUO XR OR QTERN)**
 - **EMPAGLIFLOZIN (JARDIANCE, JARDIAMET OR GLYXAMBI)**
 - **ERTUGLIFLOZIN/METFORMIN HYDROCHLORIDE (SEGLUROMET)**
- You will need to stop these medications **3 days before your procedure**. If you are in doubt please discuss with your GP or contact the rooms.
- Any other diabetic medications (e.g. metformin, gliclazide etc.) simply do **NOT** take the dose(s) on the morning/day of the procedure but bring the medications with you.

❖ ***Blood Thinning Medications***

- Aspirin does not need to be stopped.
- If you are taking other blood thinners such as
 - **CLOPIDOGREL (PLAVIX)**
 - **TICAGRELOR (BRILINTA)**
 - **WARFARIN**
 - **DABIGATRAN (PRADAXA)**
 - **APIXABAN (ELIQUIS)**
 - **RIVAROXABAN (XARELTO)**
- Please discuss these with your GP as these medications may have to be stopped prior to your procedure. In certain circumstances, such as with some coronary stents, they should not be stopped and you may need to see a Gastroenterologist in the rooms prior to your procedure to discuss this. If you are in doubt please contact the rooms prior to your procedure.

LOW FIBRE DIET

BREADS & CEREALS

✓ Choose:

Plain white bread/toast, plain muffins, plain bread rolls, crumpets, plain croissants
Refined breakfast cereals: semolina, Cornflakes, Rice Bubbles etc
Plain cakes and biscuits, plain pancakes/pikelets
White rice, white pasta, couscous, polenta, pita bread, bagels

✗ Avoid:

Wholemeal/brown/rye bread, multi-grain bread, muffins, brown crumpets, muffins with fruit
Wholegrain cereals e.g. bran, Weetbix, Vita Brits, unprocessed bran, rolled oats, porridge, muesli
Cakes and biscuits containing nuts and dried fruit
Brown rice and pasta
Wholemeal flour and oatmeal

FRUIT & VEGETABLES

REMOVE ALL SKINS AND SEEDS FROM FRUIT & VEGETABLES BELOW:

✓ Choose

Vegetables: potato without skin, pumpkin without skin, marrow/ squash, choko, avocado, mushrooms
Fruit: ripe banana, apple with no skin, peach with no skin, pears, pawpaw, rockmelon, watermelon,
canned peaches, apples, apricots and pears, diced tinned tomatoes

✗ Avoid:

All other fruit and vegetables, including salad vegetables

MEAT & OTHER PROTEINS

✓ Choose:

Beef, veal, lamb, eggs, pork, poultry, fish and shellfish, tofu

✗ Avoid:

Baked beans, casseroles, lentils, legumes, rissoles, stir fry meals, nuts and seeds, pizza.

DAIRY & ALTERNATIVES

✓ Choose:

Milk varieties: milk (full cream), cream, soy milk, rice milk, almond milk
Cheese: Plain cheese, plain cottage cheese, plain cream cheese
Butter, margarine
Plain yoghurt, custard, sour cream

✗ Avoid:

Yoghurt with fruit, dairy drinks with fibre e.g. Up and Go's

DRINKS

✓ Choose:

Water, tea, coffee, plain milk drinks, soft drinks, cordial, strained fruit juices, clear soups, milo or ovaltine,
white wine

✗ Avoid:

Unstrained fruit juices, red and green coloured drinks

OTHER FOODS

✓ Choose:

Plain lollies, clear jellies (not red), sugar, chocolate, honey, jelly strained jams, vegemite

✗ Avoid:

Jams with skins and seeds, peanut paste/butter, dried fruits/nuts, marmalade

Note:

Please increase your water intake during this period to avoid dehydration.