



NO PRESCRIPTION REQUIRED

COLONOSCOPY-BOWEL PREPARATION INSTRUCTIONS

AFTERNOON PROCEDURE

The key to a successful colonoscopy is a clean bowel. You must follow each instruction carefully. IF YOUR COLON IS NOT CLEAN THE PROCEDURE MAY BE STOPPED AND YOU WILL HAVE TO REPEAT THE BOWEL PREP AND PROCEDURE

First, you need to obtain the following bowel preparation medication from your local pharmacy (script not required)

- 1x **Picosalax** kit (containing 2 sachets of Picosalax)

AT LEAST 10 DAYS BEFORE COLONOSCOPY	If you take BLOOD THINNING MEDICATIONS (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) and have not received phone advice please call Orange Specialist Clinic on 6361 3654 for further instructions.
	If you are unsure of Diabetes Medication/Insulin you should take, please discuss your medication when calling for your admission time the day prior.
	PLEASE ARRANGE A RESPONSIBLE ADULT TO COLLECT AND STAY WITH YOU AFTER YOUR PROCEDURE. Your procedure may be cancelled if you do not. You will be unable to drive for 24 hours after your procedure.
7 DAYS BEFORE COLONOSCOPY Date:	Stop taking any IRON TABLETS
2 DAYS BEFORE COLONOSCOPY Date:	Stop eating SEEDS, NUTS, GRAINS & PEELS/SKINS Start a LOW RESIDUE 'WHITE DIET' . Eat only these foods: White bread/toast, rice bubbles, white rice, white pasta, peeled potatoes, rice noodles, rice crackers, white flour, sugar, eggs, chicken breast (no skin), white fish fillet (no skin), white cheeses, white coloured yoghurt (no added fruit) mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly (not red/blue), custard.

<p>DAY BEFORE COLONOSCOPY</p> <p>Date:</p> <p>Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean.</p>	<p>Have a LIGHT, LOW RESIDUE BREAKFAST and LUNCH <u>before 1pm.</u></p> <p>From 1pm: you may ONLY HAVE CLEAR FLUIDS.</p> <p style="text-align: center;"><u>DO NOT HAVE DINNER</u></p> <p>DO drink plenty of CLEAR FLUIDS such as:</p> <ul style="list-style-type: none"> ▪ Water or clear broth ▪ Clear fruit juice (e.g. apple juice) or lemon/orange cordials ▪ Coffee or tea without milk ▪ Clear Gatorade or other sports drink, soft drinks ▪ Plain jelly without added fruits or toppings (avoid red, purple or green coloured drinks/jellies) ▪ Hydralyte or Gastrolyte. <p>At 6pm:</p> <ul style="list-style-type: none"> ▪ Mix 1 sachet Picosalax in 150ml of COLD water. Stir for 2-3 minutes, then drink. ▪ Follow up with at least five (5) large (250) glasses of CLEAR FLUIDS over the next 3-4 hours.
<p>DAY OF COLONOSCOPY</p> <p>Date:</p>	<p>Continue drinking CLEAR FLUIDS until 2 hours before your admission time.</p> <p>Take any regular medications <u>before 11 am.</u></p> <p>If you are diabetic - do not take your diabetic medication this morning. (Please bring with you to the health facility)</p> <p style="text-align: center;"><u>DO NOT HAVE BREAKFAST</u></p> <p>6 Hours before your admission time:</p> <ul style="list-style-type: none"> ▪ Mix 1 sachet Picosalax in 150ml of COLD water. Stir for 2-3 minutes, then drink. ▪ Follow up with at least three (3) large (250ml) glasses of CLEAR FLUIDS over the next 2-3 hours. <p>From 2 hours before your admission:</p> <ul style="list-style-type: none"> ▪ you must be NIL BY MOUTH, which means NOTHING TO EAT OR DRINK.

More information regarding Colonoscopy can be found on the Australian Commission on Safety and Quality in Healthcare website via the link below:

<https://www.safetyandquality.gov.au/standards/clinical-care-standards/colonoscopy-clinical-care-standard/colonoscopy-what-you-need-know>