



**NO PRESCRIPTION REQUIRED**

# COLONOSCOPY-BOWEL PREPARATION INSTRUCTIONS

## MORNING 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)

<b>AT LEAST 10 DAYS BEFORE COLONOSCOPY</b>	If you take BLOOD THINNING MEDICATIONS (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) and have not received phone advice please call MSSC on 6361 3654 for further instructions.
	If you are unsure of diabetes medication/insulin you should take, please discuss when calling the health facility for your admission time.
	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 not be able to drive for 24 hours after your procedure.
<b>7 DAYS BEFORE COLONOSCOPY</b>  Date: .....	<b>Stop</b> taking any IRON TABLETS
<b>2 DAYS BEFORE COLONOSCOPY</b>  Date: .....	<b>Stop</b> eating SEEDS, NUTS, GRAINS OR PEELS/SKINS  <b>Start</b> a <b>LOW RESIDUE 'WHITE DIET'</b> . 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 ( <b>no skin</b> ), white fish fillet ( <b>no skin</b> ), white cheeses, white coloured yoghurt ( <b>no added fruit</b> ) mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly ( <b>not</b> red/blue), custard.

<p><b>DAY BEFORE COLONOSCOPY</b></p> <p>Date: .....</p> <p><b>Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean.</b></p>	<p>Have a <b>LIGHT, LOW RESIDUE BREAKFAST</b> before 9:30am.</p> <p><b>From 9:30am:</b> you may <b>ONLY HAVE CLEAR FLUIDS.</b></p> <p style="text-align: center;"><b><u>DO NOT HAVE LUNCH OR DINNER</u></b></p> <p>Do have plenty of <b>CLEAR FLUIDS</b> such as:</p> <ul style="list-style-type: none"> <li>▪ Water or clear broth</li> <li>▪ Clear fruit juice (e.g. apple juice) or lemon/orange cordials</li> <li>▪ Coffee or tea <b>without milk</b></li> <li>▪ Clear Gatorade or other sports drink, soft drinks</li> <li>▪ Plain jelly without added fruits or toppings (<b>avoid</b> red, purple or green coloured drinks/jellies)</li> <li>▪ Gastrolyte or Hydralyte</li> </ul> <p><b>At 6pm:</b></p> <ul style="list-style-type: none"> <li>▪ Mix <b>1 sachet Picosalax</b> in a 150ml of COLD water. Stir for 2-3 minutes, then drink.</li> <li>▪ Follow up with at least <b>five (5)</b> large (250ml) glasses of <b>CLEAR FLUIDS</b> over the next 3-4 hours.</li> </ul>
<p><b>DAY OF COLONOSCOPY</b></p> <p>Date: .....</p>	<p>Today, you may drink <b>CLEAR FLUIDS</b> until <b>2 HOURS BEFORE</b> your procedure.</p> <p style="text-align: center;"><b>Get up early - 6 hours before your admission time.</b></p> <ul style="list-style-type: none"> <li>▪ Take any regular medications before 6 am.</li> <li>▪ If you are diabetic - do not take your diabetic medication this morning (but bring it with you to the health facility).</li> </ul> <p style="text-align: center;"><b><u>DO NOT HAVE BREAKFAST</u></b></p> <p>6 hours before your admission time:</p> <ul style="list-style-type: none"> <li>▪ Mix <b>1 sachet Picosalax</b> in 150ml of COLD water. Stir for 2-3 minutes, then drink.</li> <li>▪ Follow up with at least <b>three (3)</b> large (250ml) glasses of <b>CLEAR FLUIDS</b> over the next 2-3 hours.</li> </ul> <p><b>From 2 hours before admission:</b></p> <ul style="list-style-type: none"> <li>▪ you will be <b>NIL BY MOUTH</b>, which means NOTHING to eat, sip, suck, chew or drink).</li> </ul>

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>