

Information and instructions for colonoscopy

THE PROCEDURE

A colonoscopy is a procedure to inspect the inside of the bowel. A thin, flexible tube is passed around the large bowel, allowing direct examination via a camera. An intravenous sedative is given prior to the procedure, so you will be sleepy and comfortable during the examination. Biopsies may be taken or polyps removed during colonoscopy.

SAFETY AND RISKS

Colonoscopy is generally a safe procedure. Complications are rare. These include an intolerance to the bowel preparation or reaction to the sedatives. Serious complications occur in approximately 1 in 1000 examinations. Perforation (making a hole in the bowel) is extremely rare, but if it occurs surgery may be required. Rarely, major bleeding may require a blood transfusion. If you wish to have full details of rare complications, you should indicate this to your doctor before the procedure.

PREPARATION FOR COLONOSCOPY

This includes:

1. Medication changes up to 1 week before the procedure. **If you are taking any medications, please read the details on the Patient Instruction Sheet (page 2) at least one (1) week prior to your procedure.**
2. Dietary changes 48 hours before the procedure.
3. Changes in diabetes treatment 24 hours before the procedure.
4. Bowel preparation the day before the procedure.

AFTER THE PROCEDURE

There may be mild, temporary discomfort in the abdomen after the test. If you have a biopsy or polyp removed, you may notice a small amount of blood passed in the toilet. If the discomfort or bleeding is persistent, you should contact Dr Taylor/Dr Kalade/Dr Friedman/Dr Cameron, or in an emergency attend the nearest hospital.

The sedative you are given for the procedure may affect your memory of the procedure and the events of the next hour or so. A relative or friend, with your permission, may be given information. Because the sedative may interfere with your judgement or ability to concentrate, **you should not drive a motor car, ride a bicycle or travel unaccompanied, use dangerous machinery or sign important documents for the remainder of the day. It is necessary to arrange for a friend or relative to take you home from the hospital. You must have an adult staying with you in the home overnight following your procedure.**

Day:	Date:
Nothing by mouth after: However, you should take your normal medications with a sip of water – except for those medications you have been specifically advised not to take.	Admission time: Estimated Procedure Time:

Patient Instruction Sheet

FOR BOWEL PREPARATION PRIOR TO COLONOSCOPY

You need to obtain Prepkit-C packet or 1 sachet lemon flavoured Glycoprep-C 70g (not 210g) and 2 sachets Picoprep or 2 sachets Picolax from your pharmacy. (You do not need a prescription for this).

Please follow these instructions, not the instructions on the box / packet.

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

Please notify Dr Taylor/Dr Kalade/Dr Friedman/Dr Cameron if you are: pregnant (or suspect you may be pregnant), diabetic, using blood thinning agents such as warfarin, Plavix, or Iscover, or suffering from a disease affecting the heart valves. If you are diabetic, you will need to discuss your medication with your doctor or Dr Taylor/Dr Kalade/Dr Friedman/Dr Cameron.

If you are on blood-thinning medication such as warfarin, Plavix or Iscover you should discuss this with your doctor or Dr Taylor/Dr Kalade/Dr Friedman/Dr Cameron to decide whether to continue or cease. If considered safe, then these medications should be ceased **7 days before the procedure**. If you are on aspirin, (which may be known as Astrix, Cartia or Cardiprin), you should continue with this medication.

Please cease the following drugs 5 days prior to the colonoscopy if you are using them: **iron (eg. Ferro-Gradumet, Ferrograd C, Fefol, FGF, Fergon)**, drugs to stop diarrhoea, anti-inflammatory drugs (for arthritis) BUT continue with your regular medication.

PREPARATION FOR COLONOSCOPY

Two days before the test:

- Do not have anything with seeds or nuts in it eg. wholegrain bread, poppy seeds or sesame seeds etc.

This evening, make up the sachet of Glycoprep-C 70g with 1 litre of water. Chill in the refrigerator until required to drink the following evening.

On the day before the test:

- You may have a normal breakfast. Thereafter, you may have only clear fluids (ie. no solids at all). You may have any of the fluids listed in the "Approved Clear Liquids" at the bottom of the page. Do not have any milk products (including Soy milk) and do not have red or purple colourings.

- FIRST DOSE: 5.00pm.** Add the entire contents of ONE sachet of PICOPREP / PICOLAX to a glass of warm water (approx 250mls) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by 1 litre of clear fluid.
- SECOND DOSE: 6.00pm.** Remove the made up Glycoprep-C from the refrigerator. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approx 1 hour in duration. If you start to feel nauseated or bloated whilst drinking the preparation, slow down the rate of intake and drink about a glass every 20 minutes until it has been completed.
- THIRD DOSE 8.00pm** for procedure next morning. **8.00am on the day of the procedure for afternoon procedure.** Follow instructions as for first dose (Picoprep / Picolax).
- Drink plenty of clear fluid (see the list below) as this preparation will draw fluid out of your body. You may take Panadol if you develop a headache while taking the preparation.

On the day of the test:

- You should have clear fluids up to 4 hours before the scheduled time of your test but **nothing** by mouth after this time.
- Take your usual medications with a sip of water at the usual time, except any which have been withheld for the procedure.**

Individual responses to this regime do vary. It usually induces frequent, loose bowel movements within one to three hours of taking the first dose. Please remain within easy reach of toilet facilities. If you are having difficulties consuming the bowel preparation as per the instructions above, please contact Dr Taylor/Dr Kalade/Dr Friedman/Dr Cameron.

APPROVED CLEAR LIQUIDS: water, clear fruit juices (apple/pear), black tea or coffee (**no milk/soy milk**), Lucozade, Bonox, clear broth or clear bouillon, plain jelly (lemon/lime/orange/mango), clear fruit cordials (**No red or purple colourings**). Drink liberal amounts of clear liquid before, during and after taking the preparation. You may also have Barley Sugar.