

Preparation for Morning Colonoscopy

A thorough bowel preparation and empty large bowel is vital for successful colonoscopy. Unsatisfactory bowel preparation may result in an incomplete or inadequate examination and potentially the recommendation for a repeat procedure. The bowel preparation will make you go to the toilet frequently so plan to stay at home.

Please read and familiarize yourself with these preparation instructions. If you have any questions or concerns regarding your bowel preparation please contact us. If you have had a previous colonoscopy and did not tolerate the bowel preparation please contact us.

You will need to purchase 3 sachets of PICOPREP OR PICOSALAX (approximate cost \$10-\$20) from your pharmacist. No prescription is required.

MEDICATION: If you take **diabetic medication** (injections or tablets) or **blood thinning medication** please discuss this with us prior to your procedure. Cease oral iron, bran or fibre supplements at least five days before examination. You may continue to take other medication/tablets (including aspirin) unless directed. Even on the day of the procedure you may take allowed medication at the usual time with a small volume (sips) of water.

5 DAYS BEFORE YOUR COLONOSCOPY:

- Stop herbal remedies, vitamins and oral iron supplements.
- Arrange for someone to drive you home after your procedure.

ONE DAY PRIOR TO YOUR COLONOSCOPY:

- An early morning (<8AM) breakfast is allowed. Do not consume any solid food or alcohol after this.
- Only consume clear liquids, specifically: water, clear salty fluids (e.g.: strained chicken noodle soup), clear broth/bouillon, clear fruit juices (apple, pear, or grape), plain jelly, black tea or coffee (no milk), sports drinks, carbonated beverages, barley sugar, clear cordials (lemon / lime). Avoid red or purple colourings.
- **From midday, drink at least 1 glass (~250 mL) of water or clear fluids every hour** until bedtime.
- **At 1 PM mix the first sachet** of PICOPREP in a glass of warm water (~250 mL) and stir until dissolved. Drink the mixture completely. You may prefer to pre-mix the prep and chill for half an hour before drinking.
- **At 4 PM mix the second sachet** of PICOPREP in a glass of warm water (~250 mL) and stir until dissolved. Drink the mixture completely. You may prefer to pre-mix the prep and chill for half an hour before drinking.
- **At 7 PM mix the third sachet** of PICOPREP in a glass of warm water (~250 mL) and stir until dissolved. Drink the mixture completely. You may prefer to pre-mix the prep and chill for half an hour before drinking.

THE DAY OF YOUR COLONOSCOPY:

- Have nothing to eat or drink from 5 hours prior to attending for your procedure.
- Tablets (e.g. paracetamol or necessary daily medication) with sips of water are allowed.

FOLLOWING YOUR PROCEDURE:

- Do not drive yourself home.
- Unless advised otherwise you can return to a normal diet.
- You will be given a copy of the report from the procedure. Often a follow-up appointment is required.

If you have any queries please ring our Heidelberg rooms on 9459 9522 opt 3.