

On the day of your colonoscopy

1. **At 7am:** Take the second sachet of PICOPREP using the method described on the previous page.
2. You are to continue drinking **water or clear apple juice** up until **11am** to assist with your bowel preparation and hydration.
3. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
4. Wear comfortable clothing and flat shoes. **DO NOT** wear jewellery, nail polish or bring valuables.
5. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building at your appointment time.
6. Prepare to be at St. Vincent's for a minimum of 5 to 6 hours (bring something to read).

After your colonoscopy

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. There may be mild, temporary discomfort following your procedure due to the air that was inserted into the bowel. Lying on your side and passing wind should relieve this.
3. A copy of your procedure report will be given to you to take to your referring doctor.
4. Because of the sedation you **will not** be able to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car or taxi and they must stay with you overnight.

5. If you have severe pain or feel very unwell you should call 03 9288 2211 and ask to be transferred to the Emergency Department.

To confirm or cancel your appointment or if you require further assistance

Contact

St Vincent's Waiting List Officer (general enquiries)
Tel: (03) 9288 2272 (Monday to Friday,
8:30am–4:30pm)

St Vincent's Hospital (general enquiries)
Tel: (03) 9288 2211

If your clinical condition has changed since your initial assessment, please contact the Liaison nurse on 9288 2322

Address

Day Procedures and Endoscopy
St Vincent's
1st Floor, Inpatient Services Building
Princes Street
Fitzroy VIC 3065



Colonoscopy – standard preparation

Essential Information and
Instructions for Patients

MUST READ

The procedure

Your doctor has referred you for a colonoscopy. A colonoscopy is a procedure used to examine the large bowel, or colon, using a thin, flexible camera (see image below). Before your procedure you will be given a sedative or light anaesthetic by injection into a vein to make you comfortable.

Most colonoscopies take 20–45 minutes and have a minimum recovery time of 1 hour. Biopsies may be taken or polyps removed during colonoscopy.

It is important to follow the instructions in this brochure carefully as the success of your colonoscopy depends on your bowel being clear. Any stool remaining in the bowel can result in the need for your procedure to be repeated.

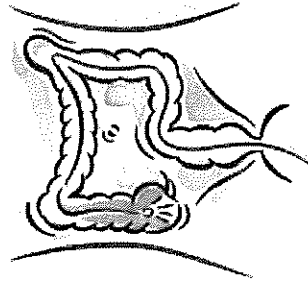


Image courtesy of
www.gcsa.org.au

Safety and risks

Serious complications of colonoscopy are rare, occurring in less than one in a thousand procedures. Complications can include:

- Intolerance to bowel preparation
- Reaction to sedatives
- Perforation (making a tear in the bowel)
- Major bleeding from the bowel

It is possible if these serious complications occur that you may require surgery or blood transfusion.

Women taking the contraceptive pill should be aware that taking bowel preparation might prevent absorption of the pill. Additional precautions should be taken until your next period.

One week before your colonoscopy

1. Call Waiting List Officer on 03 9288 2272 to confirm your appointment.
2. **Obtain one sachet Glycoprep-C 70g and two sachets Picoprep 15.5g from your Pharmacy.**
3. Arrange for a friend or relative to accompany you home by car or taxi after your procedure. If you do not arrange this your procedure and they must stay with you overnight.
4. Please cease the following medications, if you are taking them: iron tablets and drugs to stop diarrhoea.
5. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

The day before your colonoscopy

You may have a light low fibre breakfast and lunch. See overleaf for low fibre options. No solid food or milk should be consumed after 1pm.

Breakfast: Rice bubbles or cornflakes with milk. WHITE bread/toast with either butter, jam, honey or vegemite. Apple juice/orange juice, tea/coffee, milk.

Lunch: Vegetable soup, WHITE bread sandwich containing either egg, cheese, tuna, chicken or roast beef. Apple juice/orange juice, tea/coffee, milk.

After 1pm: You must **only** drink the following fluids to assist with your bowel prep and hydration: water, apple juice (CLEAR not cloudy), cordial or BLACK tea/coffee. Do NOT drink alcohol.

Bowel preparation instructions

You must consume the entire bowel preparation to clean your bowel adequately. Make up the sachet of Glycoprep-C 70g with 1 litre of water. Chill in the refrigerator until required.

At 7pm: Add the entire contents of ONE sachet of PICOPREP to a glass (approx. 250ml) of warm water and stir until dissolved. Drink mixture slowly but completely. Afterwards, drink 1 litre of water.

At 8pm: Remove the prepared GLYCOPREP from the refrigerator. You should try to drink a glass of the preparation every 15 minutes. Total intake time should be approximately 1 hour.

Note: The second sachet of PICOPREP is to be taken at 7am on the day of your colonoscopy.