



St Vincent's

*Continuing the Mission of
the Sisters of Charity*



On the day of your colonoscopy

- DO NOT EAT ANY SOLID FOODS
- DO NOT DRINK ALCOHOL

1. You can have clear liquids up to midnight before your procedure but nothing by mouth after this time.
2. Take your usual medications with a sip of water, at the usual time except for medications that are being withheld for the procedure.
3. Wear comfortable clothing and flat shoes.
DO NOT wear jewellery or bring valuables.
4. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building (see map on back of brochure).
5. Prepare to be at St. Vincent's for a minimum of 3 to 4 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. A copy of your procedure report will be given to you to take to your referring doctor.
3. You will not be able to drive, operate machinery, return to work or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car/taxi and stay with you for 12 hours. If you have not arranged this your procedure will be rescheduled.
4. There may be mild, temporary discomfort follow-

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

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 hole in the bowel), however this is extremely rare
- 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 contraceptive precautions should be taken until the next period begins.

To confirm or cancel your appointment or if you require further assistance, please contact:

St Vincent's Day Procedures (general enquiries)
 Tel: (03) 9288 4424 (Monday to Friday, 9am-5pm)
 Our health service is based on and driven by our quest for:
 St Vincent's General Enquiries Excellence – Unity
 Tel: (03) 9288 2211

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

*Colonoscopy –
extended preparation*

Information and instructions
for patients

Please notify Day Procedures if you are pregnant, or suspect that you are pregnant.

The procedure

Your doctor has referred you for a colonoscopy. A colonoscopy is a procedure that is used to examine the large bowel, or colon (see image below) using a thin, flexible tube. Most colonoscopies take between 20 and 45 minutes and have a minimum recovery time of 1 hour. Biopsies may be taken or polyps removed during colonoscopy.

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

One week before your colonoscopy

1. Read all preparation instructions.
2. Arrange for a friend or relative to take you home and stay with you overnight after the procedure. If you do not arrange this your procedure will be rescheduled.
3. Call Day Procedures to confirm your appointment.
4. Go to your pharmacy and obtain two sachets lemon flavoured Glycoprep-C 70g and two sachets PicoPrep 15.5g.

Five days before your colonoscopy

1. Please cease the following medications, if you are taking them: iron supplements, drugs to stop diarrhoea, aspirin, and anti-inflammatory medications (for arthritis)
2. Eat a low fibre diet to help cleanse your large bowel. Avoid seeds, nuts, raw fruit and vegetables, tomatoes, wholegrain breads and pastas, red meat, popcorn and fatty food. Suitable foods include white bread and pasta, well cooked vegetables, fruits without skins, egg, boiled chicken, and steamed fish.

Two days before your colonoscopy

In the evening, make up the two sachets GlycoPrep-C 70g with 1 litre of water each. Chill in the refrigerator until required to drink the following evening (see second dose).

The day before your colonoscopy

- DO NOT EAT ANY SOLID FOODS
- DO NOT DRINK ALCOHOL
- CONSUME 'APPROVED CLEAR LIQUIDS' ALL DAY

What are 'approved clear liquids'?

You need to drink lots of clear liquid the day before your procedure to ensure that you remain hydrated on the day of your procedure.

As a rule, if you can see through it, you can drink it. DO NOT drink red or purple liquids.

Approved liquids include water, clear fruit juices or cordials, black tea or coffee (no milk), clear broth or bouillon, clear soft drinks/sports drinks (e.g. Powerade), bonox, lucozade, plain jelly and barley sugar.

Bowel preparation

You must consume the entire bowel preparation to clean your bowel adequately

Remain within easy reach of toilet facilities as preparation causes multiple bowel movements.

3.00pm (first dose) Add the entire contents of ONE sachet of PICOPREP to a glass (approx. 250ml) of warm water and stir until dissolved. Chill for 30 mins if preferred. Drink mixture slowly but completely. Follow this with 1 litre of 'approved clear liquid'.

4.00pm (second dose) Remove 1 litre of the made up 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. If you feel nauseated, slow the rate of intake to 1 glass every 20 minutes until completed.

6.00pm (third dose) Follow the instructions as for the first dose.

7.00pm (fourth dose) Follow the instructions as for the second dose.