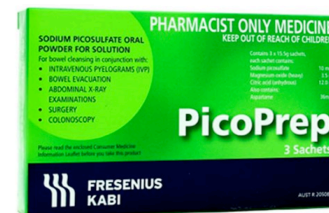


Colonoscopy Preparation

You will need a three (3) sachet pack of PicoPrep.



BOWEL CLEANING

Correct bowel preparation is very important. If not done properly, abnormalities may be missed, or the test may need to be cancelled or rescheduled.

48 Hours (two days) before colonoscopy: LOW FIBRE ONLY

Food you can have:

Cornflakes/rice bubbles only, white bread, white rice, white pasta, well cooked peeled potatoes or pumpkin, plain biscuits, strained fruit juice, skin-less chicken, grilled/steamed fish, milk/cream, sugar, honey, vegemite, boiled sweets, salt, "clear fluids" (please see below for a description of clear fluids).

Food not allowed:

Cereals, brown/wholemeal bread, brown rice, fruit, vegetables, red meat, fried eggs, cheese, oils, jams, condiments, chocolate, food with seeds.

24 Hours (one day) before colonoscopy: CLEAR FLUIDS ONLY IF YOU CAN READ A NEWSPAPER THROUGH THE FLUID, IT'S CLEAR.

NO food, NO solids, NO full dairy/milk - but you can have:

Water, clear fruit juices (apple, pear, grape), jelly, Bonox, black tea/coffee, carbonated beverages, clear cordials (lemon/lime), sports drinks. Clear low salt broth/bouillon (STRAIN chicken/ beef/vegetable noodle soups). You may suck barley sugars. Avoid red or purple food colourings.

Take care to avoid dehydration. Drink minimum of 2-3 glasses of clear fluids throughout the day at each: breakfast, morning tea, lunch, afternoon tea, dinner and evening (and test morning for afternoon test) then **Fast 6 hours before test.**

If you are taking: iron tablets, please omit them one week prior to your procedure. Aspirin, Warfarin, Iscover, Plavix, Pradaxa or other anticagulant medications should be taken as usual unless otherwise instructed by your specialist. Other medications should be taken as usual with a sip of water in the early morning on the day of the procedure.

Preparation:

Stir and dissolve each PicoPrep sachet in 250ml glasses of warm water. Prepare in advance and chill, and/or add lemon juice to improve taste.

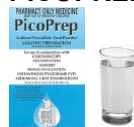
Drink the PicoPrep slowly as shown. Also drink at least 2 glasses of clear fluids or water in between each PicoPrep to prevent dehydration.

Expect diarrhea within a few hours.

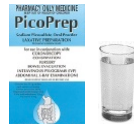
Remember to FAST 6 hours before the test.

If your colonoscopy is before midday: take all three sachets the day before.

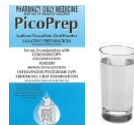
PICOPREP: 4pm



PICOPREP: 6 pm



PICOPREP: 8 pm



If your colonoscopy is after midday: take 2 sachets the day before

PICOPREP: 6pm



PICOPREP: 8 pm



Then one on test day
PICOPREP: 8am



Instructions after your procedure:

Your follow-up appointment is: _____

Please call the rooms for your follow-up appointment if you need to change the date.

Discharge instructions:

1. Do not drive a car for 24 hours post-discharge (this will include the day after procedure) as you had sedation medication that can make you drowsy.
2. After anaesthetic, for 24 hours: do not operate heavy machinery, consume alcohol, engage in sports, heavy work or lifting, or travel alone.
3. Please make arrangements for a responsible adult to accompany you when you leave hospital and stay with you overnight.
4. Your physician will tell you when it is safe to restart blood-thinning medications.
5. Once you are fully awake after your procedure you will be informed of your results.
6. Gaseous distension or mild abdominal discomfort is quite common and usually by passing wind or belching it tends to get better. Peppermint tea or mobilising can help.
7. Please follow the post-procedure diet as instructed.

Please call your physician immediately if you have:

1. Unusual abdominal or chest pain or palpitations
2. Bleeding, black tarry stools or vomiting. If you had banding of haemorrhoids expect a small amount of bleeding - please call if you bleed more than half a cup of blood.
3. Nausea or vomiting
3. Fever or a temperature over 38 degrees Celsius

During business hours (9am – 5pm weekdays), please call Dr Son Le on 97904632 or 0423477016, or the Day Surgery. After hours, please present to Emergency or call 000.