

BOWEL PREPARATION – FOR MORNING COLONOSCOPY

For a successful Colonoscopy, it is very important that the bowel is thoroughly emptied so the lining can be clearly seen.

TWO DAYS BEFORE COLONOSCOPY.....

- ◆ Please do not eat any foods containing pips or seeds
e.g kiwifruit, passionfruit, sesame seeds, grapes, tomatoes.

THE DAY BEFORE COLONOSCOPY.....

- ◆ Stop all normal food from now until after your procedure.
- ◆ Drink clear liquids only and drink plenty of liquid during the day. Aim to drink about 2 litres of clear fluid over the twenty-four hour period.

Clear liquids are any liquid you can see light through:

e.g. Clear soup- beef tea, Oxo, Chicken broth, Strained Chicken noodle soup
Yellow or colour free jelly, Clear lemonade ice blocks, Barley sugars
Water, Cordial, Lime juice, Fizzy drinks- lemonade, gingerale
Sports or 'energy' drinks- Powerade, Lucozade, Gatorade
Black tea and Black coffee with or without sugar. Apple juice

NB Do not drink any red, purple or green coloured fluids and no milk.

- ◆ At **3:00 pm** mix entire contents of the **Picosalax Sachet** into a glass of warm water. You may refrigerate this mixture and drink the entire glass by 3.30pm. Follow this with three or more glasses of water or lemonade.
- ◆ The Picosalax mixture will cause diarrhoea within ½ - 4-6 hours and once started this can last up to 4 hours or more. Please ensure you drink plenty of clear liquids during and after this time to prevent dehydration.

Use Vaseline to protect the anus from excoriation.

- ◆ At **7.00pm** mix the second **Picosalax Sachet** into a glass of warm water.
You may refrigerate this mixture and drink the entire glass by **7.30pm**.
Follow this with three or more glasses of water or lemonade.

SEE OVER:

You may experience some nausea taking the Picosalax. This usually settles within an hour, and it helps to keep drinking clear fluids.

If nausea or vomiting persist and you are unable to continue drinking Picosalax, please phone your GP or visit your local pharmacist for an appropriate antiemetic (anti-nausea) medication.

A successful Bowel Prep should result in watery liquid, slightly coloured, with no solids.

If you are concerned your preparation has not worked as expected please contact the facility where your procedure is being performed (Southern Endoscopy Centre or St Georges Day Unit) and they can make arrangements for extra preparation prior to your procedure (eg an enema).

THE DAY OF COLONOSCOPY.....

- ◆ Drink clear liquids until then **nothing** more to eat or drink until after your colonoscopy.

Medications:

Take **all** your usual medications unless instructed otherwise. Please inform us if you are a diabetic, on blood-thinning medication (Warfarin), or Lithium, or if you have any drug allergies.

Paracetamol may be taken if required.

Driving / Work:

Because you will be given IV sedation you will need to have someone to transport you home after the procedure.

You should not drive a motor vehicle for 12-24 hours after sedation.

The sedation you will be given can have an amnesiac effect therefore you should not:

- ◆ Drive a car.
- ◆ Sign any legal documents.
- ◆ Drink alcohol.
- ◆ Operate Machines.
- ◆ Make important legal decisions for the 12 – 24 hours after sedation.

You will normally be able to return to work the next day with no after effects.

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