



# Colonoscopy Preparation

## - PicoPrep C Kit-



Procedure date / time: ...../.....

Attend the Hospital Admissions area at: .....

***For a successful, thorough and safe examination of the bowel, it is very important that the bowel is well cleared. Please follow the preparation instructions carefully.***

### Medications

You may be required to stop certain medications prior to the colonoscopy.

If you are on “blood thinners” such as Warfarin, Clopidogrel (Plavix, Iscover), Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Ticagrelor (Brilinta), you may need to stop these 2-7 days prior to your procedure. Aspirin may be continued. Please seek advice prior to stopping these medications.

Iron tablets should be stopped 7 days prior to your procedure.

If you are diabetic, you may require special instructions for your medication, especially if you take Insulin. Please see attached Diabetes Management Leaflet.

Otherwise, continue all other tablets as usual, even on the day of the test.

### Bowel Preparation Instructions

**3 days before the colonoscopy.** From now on you need to be on a low fibre diet. You may have a normal diet, however, please avoid food with seeds, vegetable skins and nuts. Please see pre-colonoscopy dietary leaflet.

# MORNING PROCEDURE (BEFORE 1PM)

## The day before the colonoscopy

You may have a normal breakfast (no seeds/nuts).

Following this you are not to have any solid food until after the examination.

Take **clear liquids only** (you should be able to see through the liquid). For example, soups (clear broth), apple juice, water, cordial, tea and coffee (NO MILK), jelly (only yellow or orange), ice blocks.

It is important to stay well hydrated. Gatorade is good for hydration (2-3L per day).

**At 4pm** mix the first sachet of PicoPrep in 1 glass (250ml) of warm water and drink (may chill first). Then drink 2 glasses of clear liquid or water. Again, it is important to stay well hydrated and drink plenty of clear liquids (e.g. water, Gatorade or No Sugar Powerade).

Your bowels may start to move within an hour or two. Stools will become loose.

**At 5pm** mix the GlycoPrep C 70g sachet in 1 litre of warm water and drink (may chill first). Drink one glass every 15 minutes, aiming to finish the 1 litre in 1 hour. If you are feeling nauseated then slow down the rate of intake. A drinking straw can often be helpful. Aim for clear/pale yellow watery motions with no solid material.

## The morning of the procedure

**At 4.30-5am** mix the third sachet of PicoPrep in 1 glass (250ml) of warm water and drink (may chill first). Drink a further 3-4 glasses of water or more up until 5.30am.

## NOTHING by mouth after 5.30am

*If you have any concerns or questions about the preparation or procedure, please contact Dr Walker's office on 5574 6133.*

*Please ensure you make arrangements for someone to drive you home after the procedure. It is not safe to drive until the following day after having sedation or an anaesthetic.*

# AFTERNOON PROCEDURE (AFTER 1PM)

## The day before the colonoscopy

You may have a normal breakfast and lunch (no seeds/nuts).

Following this you are not to have any solid food until after the examination.

Take **clear liquids only** (you should be able to see through the liquid). For example, soups (clear broth), apple juice, water, cordial, tea and coffee (NO MILK), jelly (only yellow or orange), ice blocks.

It is important to stay well hydrated. Gatorade is good for hydration (2-3L per day).

**At 5-6pm** mix the first sachet of PicoPrep in 1 glass (250ml) of warm water and drink (may chill first). Then drink 2 glasses of clear liquid or water. Again, it is important to stay well hydrated and drink plenty of clear liquids (e.g. water, Gatorade or No Sugar Powerade).

Your bowels may start to move within an hour or two. Stools will become loose.

## The morning of the colonoscopy

**At 7am** mix the GlycoPrep C 70g sachet in 1 litre of warm water and drink (may chill first). Drink one glass every 15 minutes, aiming to finish the 1 litre in 1 hour. If you are feeling nauseated then slow down the rate of intake. A drinking straw can often be helpful. Aim for clear/pale yellow watery motions with no solid material.

**At 9am** mix the third sachet of PicoPrep in 1 glass (250ml) of warm water and drink (may chill first). Drink a further 3-4 glasses of water or more up until 11am.

**NOTHING by mouth after 11am.**

*If you have any concerns or questions about the preparation or procedure, please contact Dr Walker's office on 5574 6133.*

*Please ensure you make arrangements for someone to drive you home after the procedure. It is not safe to drive until the following day after having sedation or an anaesthetic.*

# **Pre-Colonoscopy Dietary Preparation Instructions**

## **COMMENCE 3 DAYS PRIOR TO PROCEDURE:**

**Avoid food with seeds, vegetable skins and nuts**

## **EXAMPLES OF ALLOWED LOW FIBRE FOODS AND FLUIDS**

<b>Drink options:</b>	Water, tea, coffee, unflavoured skim milk, soft drinks, cordial. Strained fruit juices, clear soups, Milo or Ovaltine
<b>Meat &amp; other Protein foods:</b>	Lean: beef, veal, lamb, pork, poultry Grilled fish Eggs (boiled, scrambled or poached)
<b>Dairy Foods:</b>	Milk, low fat ice cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, butter or margarine
<b>Fruit &amp; Vegetables:</b>	Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches, apricots <b>YOU WILL NEED TO REMOVE THE SKIN AND SEEDS FROM ALL OF THESE FRUITS AND VEGETABLES</b>
<b>Breads &amp; Cereals:</b>	White bread/toast, plain/white muffins, plain bread rolls, crumpets, plain croissants, white pita bread, refined breakfast cereals (eg Semolina, Cornflakes, Rice Bubbles), plain pancakes/pikelets, white rice, couscous, polenta, plain bagels
<b>Other Foods:</b>	Clear jellies (orange, yellow), sugar, chocolate, honey, seedless jams, vegemite

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## **SAMPLE MENU – LOW FIBRE DIET**

<b>Breakfast:</b>	Strained fruit juice, Cornflakes or Rice Bubbles with skim milk Eggs (poached, boiled or scrambled) White toast or white muffins Tea / coffee
<b>Lunch:</b>	White bread sandwiches or roll with ham, cheese, tuna or egg – NO SALAD Plain cake or biscuits
<b>Dinner:</b>	Lean meat: steamed chicken or fish Potato / pumpkin – NO skins, white rice
<b>Snacks:</b>	Plain cake, biscuits Tea, coffee, herbal drinks or soft drinks

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## **ALLOWED CLEAR FLUIDS – NO ALCOHOL**

- Apple juice
- Clear lime or lemon cordial
- Lucozade
- Jelly (only yellow or orange)
- Tea &/or coffee (NO milk)
- Clear soups (consomme, bonox, chicken soup – strained)
- Soft drinks- lemonade, ginger ale, ginger beer

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**If you have any concerns or questions about the preparation or procedure, please contact Dr Walker's office on 5574 6133.**



## Diabetes Management Pre-Procedure

### Oral Hypoglycaemics (diabetes tablets)

#### *Morning procedure*

Do not take your diabetes medication the morning of the procedure.

Please bring your medication with you to your procedure.

You will be able to take your usual diabetes medication following the procedure when you resume a normal diet.

#### *Afternoon Procedure*

Please take your normal medication.

Remember, you may consume apple juice and Gatorade-type drinks while on your clear-liquid diet to maintain your “sugars”.

### Insulin – dependent patients

#### *For both morning and afternoon procedures*

Day prior to your procedure:

Take half the evening short acting insulin

Take three-quarters of the evening Lantus insulin

Take half the evening long acting insulin (if not using Lantus)

Day of procedure:

Do not take your morning insulin

***If you are unclear with these instructions, please contact Dr Walker's rooms on 5574 6133 or discuss with your GP or Diabetes Specialist.***