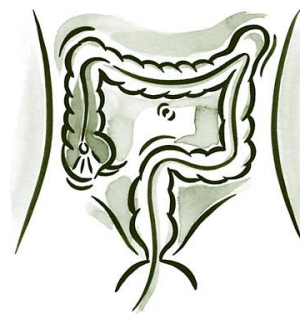


Colonoscopy Preparation - PREPKIT ORANGE



Procedure date:

You will receive a call from our office the day before your procedure with your admission time.

Hospital Admission: Gold Coast Private Hospital, Ground Floor, Day Surgery Centre

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 Clopidogrel (Plavix, Iscover), Ticagrelor (Brilinta), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Warfarin, 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 ask for a Diabetes Management Leaflet.

If you are on a **GLP-1 agonist** (Ozempic, Wegovy, Mounjaro, Victoza, Saxenda, Trulicity) alternate preparation and fasting instructions are required. Please ask our staff for these.

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

Bowel Preparation Instructions

3 days before the colonoscopy.

- ❖ Commence Movicol 1-2 sachets daily. If you are predisposed to constipation, please use two sachets daily. Movicol can be purchased from your local pharmacy (non-prescription)
- ❖ 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

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 second 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 our office on 5574 6133.

Please ensure you have arranged 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

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 second 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 our office on 5574 6133.

Please ensure you have arranged 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.

DIET ADVICE - 3 days before the Colonoscopy.

EXAMPLES OF ALLOWED LOW FIBRE FOODS AND FLUIDS

Drink options: Water, tea, coffee, unflavoured skim milk, soft drinks, cordial. Strained fruit juices, clear soups, Milo or Ovaltine

Meat & other Protein foods: Lean: beef, veal, lamb, pork, poultry
Grilled fish
Eggs (boiled, scrambled or poached)

Dairy Foods: Milk, low fat ice cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, butter or margarine

Fruit & Vegetables: Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches, apricots
YOU WILL NEED TO REMOVE THE SKIN AND SEEDS FROM ALL OF THESE FRUITS AND VEGETABLES

Breads & Cereals: 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

Other Foods: Clear jellies (orange, yellow), sugar, chocolate, honey, seedless jams, vegemite

SAMPLE MENU – LOW FIBRE DIET

Breakfast: Strained fruit juice, Cornflakes or Rice Bubbles with skim milk
Eggs (poached, boiled or scrambled)
White toast or white muffins
Tea / coffee

Lunch: White bread sandwiches or roll with ham, cheese, tuna or egg – NO SALAD
Plain cake or biscuits

Dinner: Lean meat: steamed chicken or fish
Potato / pumpkin – NO skins, white rice

Snacks: Plain cake, biscuits
Tea, coffee, herbal drinks or soft drinks

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