Hunter Gastroenterology

COLONOSCOPY PREPARATION

Picoprep - Purchase 3 sachets of Picoprep from Hunter Gastroenterology or your local pharmacy.

This information brochure is to help facilitate in an effective and safe colonoscopy. Please read this brochure 1 week before your procedure to ensure you are prepared.

Please take all your medications with you on the day of the procedure.

Diabetic?

If you are a diabetic, and take insulin, you will be required to adjust your dose of insulin the day before and on the day of the procedure. Our team will be able to provide you with these instructions. Please monitor your Blood Glucose Levels routinely during the day before your procedure, as you will be fasting. If you are taking oral diabetic medications you will need specific instructions on these by our team. Please ensure you have these instructions before proceeding.

Cardiac Medications?

If you are taking blood thinning medications such as Warfarin, Plavix (clopidogrel), Apixaban, Xeralto etc. you may be required to withhold these prior to your procedure. Our team will give you specific instructions regarding these medications. Please contact us if you are unclear to ensure these medications are managed appropriately to ensure your safety.

Getting Prepared

You are required to alter your diet leading up to the procedure as follows:

- **STOP** fish oil tablets and iron supplements **7 days before**
- **5 days before** no seeds or nuts
- **4 days before** you will need to commence a 'white diet'. Please refer to the 2nd page of this brochure for further explanation
- **2 days before** do not eat any red meat
- **The day before you need to commence a clear fluid diet. NO BREAKFAST the day before.**

What is a "Clear Fluid" Diet?

The day before your procedure it is important that you do not have any solid food that day. You are however able to consume the following:
Jelly, water-based cordials, sports drink, black tea and coffee, clear fat free broths (i.e. stock cubes dissolved in boiling water), clear fruit juices (no pulp).

PLEASE NOTE: None of the above should be red or orange in colour.

NOTE: Please remember to drink 6-8 glasses of water each day in the lead up to your colonoscopy.

The Day Before

Remaining well hydrated is the key to tolerating bowel preparation for colonoscopy. You will need at least 2L additional fluid intake each day you are undergoing preparation.

6.00pm - Drink 1 sachet of Picoprep mixed with 250ml water

6.30pm - Drink 250ml clear water

7.00pm - Drink 1 sachet of Picoprep mixed with 250ml water

7.30pm - Drink 250ml clear water

The Day of Your Procedure

5 hours before your procedure drink 1 sachet of Picoprep mixed with 250ml water.

Please Remember

The facility you are attending will contact you the day before your procedure with the time you will need to arrive. At this time the nurse will give you further instructions regarding your regular medications and what your anaesthetist would like you with withhold on the morning. Please follow these instructions.

Reminders and FAQ

- You may consume clear fluids up to 2hrs before your time of arrival in the facility
- If you have concerns regarding medications and symptoms outside of office hours please contact the facility you will be attending for guidance
- You may wear a tampon or menstral cup for the procedure, this does not interfere with what the doctor needs to do
- If you suffer from asthma, or any lung condition, and use a regular preventer please use it the morning of your procedure and bring along with you. This may help with your anaesthetic.

Colonoscopy Risks

- 1/2000 burn or tear a hole (50% will require an operation
- 1/1000 bleeding (most is minor)
- 1/100,000 anaesthetic complication
- Something may be missed

Gentle Reminder:

The time of your procedure, given to you the day before by the facility you will be attending, is ***an estimated time only****. Please be aware medical procedures can be unpredictable in nature, despite our best intentions to allocate the appropriate time for each case. We will endevour to stay within the allocated times and will do our best to communicate with you if we are running behind schedule.*

What does a white diet involve?

A white diet includes fairly bland foods that are not bright in colour. For example dairy products, white bread, rice, pasta, eggs, chicken (no skin), fish and fruit and vegetables like apples, bananas, potatoes and cauliflower.

What type of anaesthetic will you be having?

Before your procedure you will meet your anaesthetist. Your anaesthetist will be responsible for your sedation and airway during your procedure, and will monitor this along with your vital signs closely. You will receive anaesthetic through a drip. Usually this is just enough so that you are comfortable and completely unaware of what is happening around you, but you are still able to breathe and maintain your own airway without going onto a ventilator. If there are any issues during the procedure with your level of sedation or your breathing, your anaesthetist will do what is right for you in the situation - this may mean placing a breathing tube and giving you a full General Anaesthetic. If anything happens outside of the plan, you will be informed when you are awake in recovery by your anaesthetist .

Direct to Procedure?

If you are going straight to procedure you will have a chance to chat to your doctor on the day, before and after the procedure. If you have any questions please don't hesitate to ask, but be mindful that some answers may be best suited to a formal consultation after your procedure at a later date. You will be recovering from an anaesthet1ic and some of the answers may be hard to recall. You will leave the facility with a copy of your report. This will be sent to your GP, and referring doctor if different, and will state if you require a follow up consultation with your specialist. Please contact Hunter Gastroenterology if you require one, and our administrative staff will be happy to help you.

Constipated?

If you don't open your bowels daily you will need to start taking a sachet of movicol nightly from 2 weeks before. This will give your bowels a head start to ensure we have a clear result after your bowel preparation.

Driving Home

Please remember you will not be discharged from the hospital without a responsible adult accompanying you. You will be unable to drive yourself as you have had an anaesthetic and will be required to have someone stay with you the night after your procedure to ensure you don't experience any unexpected complications after your procedure..

Recovering After Your Procedure

There are a few common side effects that may occur immediately after. These include wind or bloating, light bleeding from the rectum and mild cramping. These symptoms should not persist for more than a few hours. Please don't hesitate to contact your nearest Emergency Department if you are experiencing profound bleeding, pain, fevers or nausea.

INDIVIDUAL INFORMATION regarding medications: