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Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

## Colonoscopy Procedure Information and Instructions

### On the day of the test:

- Arrive early and check-in at ground floor reception of
  - **Cabrini Malvern, 183 Wattletree Rd, Malvern, 3144.**
- Please wear loose comfortable clothing (pyjamas are ok) and leave valuables at home.
- Please take your regular medications with a sip of water. **Do not** take **diabetic** medication.
- You will then be admitted to the paediatric ward prior to the test.
- After the test you will return to the paediatric ward for recovery.
- You will be able to be discharged home once you are alert and able to tolerate oral intake satisfactorily.
- You will be able to discuss the procedure with your doctor before you are discharged.
- **PLEASE BRING:**
  - Medicare card
  - Private Health Fund details (if applicable)
  - Current medications

**PLEASE DO NOT BRING ANY VALUABLES**



**This information has been prepared to assist you in understanding what to expect when you attend for your colonoscopy.**

## **What is a Colonoscopy?**

A colonoscopy is a procedure to examine the inside of your colon (large intestine) with a flexible telescope. This is performed to investigate symptoms, such as pain, diarrhoea, bleeding or change in bowel habit. It is the best test to identify numerous conditions. During the test, biopsies are taken. Biopsies are small samples of tissue. An anatomical pathologist then examines the samples for any abnormalities.

## **How do I prepare for a colonoscopy?**

It is important that the following instructions are closely followed, so that the colon is clean at the time of the procedure. PicoPrep (or equivalent) may not be suitable for patients with heart disease, kidney disease, diabetes or patients on diuretics. Please read the instructions on the packet, and confirm with your doctor if you are in doubt.

**PicoPrep (or equivalent) can be purchased over the counter at most pharmacies.**

**Ensure that you purchase 2-3 sachets.**

## **Seven days before the colonoscopy**

Stop any fibre supplements (eg. Metamucil, Fibogel), iron supplements (eg. Fefol) or anti inflammatory medications (eg. Nurofen, Aspirin, Indocid, Voltaren). Patients on blood thinners (eg. Aspirin, Warfarin, Plavix) should consult with the doctor performing the test seven days in advance. Continue all other medications.

## **Two days before the colonoscopy**

Follow a low residue, low fat diet.

### **Foods to avoid:**

- Anything containing fibre, skins, seeds or nuts. eg. Cereals, wholemeal and multigrain breads, muesli
- All vegetables except well cooked and peeled potato and pumpkin
- All fruits and salads except strained juices
- Fatty foods eg. Anything fried
- Cheese

### **Suitable foods include:**

- Steamed white fish or boiled chicken
- Egg
- Cottage cheese, plain low fat yogurt
- White bread, white rice, white pasta
- Clear jelly (avoid dark colors)
- Corn flakes, rice bubbles
- Plain biscuits and plain cake



## The day before the colonoscopy

Try to drink 2 to 3 litres of clear liquids over the day. No solid food at all (except barley sugar) after 4pm until fasting time (ie. no dinner or breakfast). Clear fluids only after 4pm which include:

- Water
- Strained fruit juices (except orange)
- Clear soft drinks, cordials, icy poles, mineral water or sports drinks (avoid dark colors)
- Plain jelly, lemonade icy poles
- Weak black tea or coffee
- Strained clear soup

	<b>PicoPrep 1<sup>st</sup> Dose</b>	<b>PicoPrep 2<sup>nd</sup> dose</b>
<b>Age 4-9</b>	½ sachet	½ sachet
<b>Age over 9-13</b>	2/3 sachet	2/3 sachet
<b>Age over 13</b>	Whole sachet	Whole sachet

**Take the first dose of PicoPrep at 5pm, the day before the colonoscopy.**

Dissolve the instructed amount in a glass (approx. 250ml) warm water. The mixture can subsequently be chilled before drinking if preferred. This should be followed by at least one glass of clear liquid an hour to avoid dehydration. **The more the fluids you can drink, the better.**

**Take the second dose of PicoPrep at 7am the morning of your procedure.**

Continue drinking clear liquids.

Continue drinking clear liquids at least one glass an hour until you go to sleep or 2.00am, the day of the colonoscopy.

The first dose of PicoPrep can be taken later in the afternoon if preferred. eg 5.00pm. The second dose should then be taken at 8.00pm

PicoPrep will cause multiple bowel movements within 3 hours after each dose. Occasionally this is accompanied by crampy pains. This may cause irritation of the skin around the anus. This can be limited by using baby wipes rather than toilet paper, applying nappy rash cream and sitting in a warm bath.

**The day of the colonoscopy, take nothing to eat. You can drink water until 4 hours before your scheduled arrival time at the hospital.**

## During the colonoscopy

You will be given an anaesthetic by a specialist anaesthetist. The colonoscope (flexible telescope) will be manipulated around the colon. The procedure takes between 25 and 45 minutes. If a polyp is found it will usually be removed at the time via the colonoscope.

All invasive procedures carry a risk. The specific risks of colonoscopy include:



- Perforation of the bowel. The risk of this is one in 1000 cases, and surgery may be required to repair the perforation.
- Bleeding. This is more common if a polyp has been removed and occurs in one in 500 cases. Rarely blood transfusion is required.
- Cardiac or respiratory. There is a very small risk of heart or breathing problems associated with the anaesthetic and procedure.
- A number of very rare side effects can occur with any procedure. Death is an extremely remote possibility. If you wish to have full details of rare complications, ask before the procedure.

## **After the colonoscopy**

Occasionally there is crampy pain and bloating. This is relieved by passing the gas that was instilled at the time of the procedure. You will need to stay in the recovery area until the staff assess you as being safe to go home. This is usually about an hour, and you will be given something to eat and drink. The doctor will discuss the findings with you, or organise for you to have a review appointment. Contact the rooms or hospital if you develop severe abdominal pain, persistent bleeding, fever or other symptoms that cause you concern.

## **ANY QUESTIONS?**

Please do not hesitate to ask any questions. Your doctor is always happy to talk to you a few days before the procedure if you are at all concerned. All you need to do is contact the office and leave a message to request a call back.