

COLONOSCOPY PREPARATION WITH PICOPREP

For a successful colonoscopy, the colon must be completely empty and clean for good visibility to allow a thorough examination of the lining of the bowel.

Inadequate cleaning of the bowel may result in the procedure having to be repeated on another day with more bowel preparation. Please follow the instructions carefully.

Our practice recommends the use of **PICOPREP** to prepare the bowel for the colonoscopy. This can be purchased from your pharmacy. The kit contains 2 PICOPREP sachets.



3 days prior to the colonoscopy, please follow a low fibre diet:

FOODS TO AVOID	FOODS YOU CAN EAT
<p>Nuts, whole grains, skins, seeds or fibre</p> <ul style="list-style-type: none"> • Wholemeal (brown) rice or pasta, whole/multi grain bread • High fibre cereals (Weetbix, rolled oats, porridge, muesli) • Vegetables (tomato, capsicum, peas, lentils, legumes, baked beans, corn, onions, stir fry's and salads) • Fruit (fresh - strawberries, passionfruit, citrus fruit, grapes) (dried – sultanas, raisins, coconut) • Seeds (sesame, sunflower, poppy, linseed) • Jams and spreads (marmalade, peanut butter, mustard, relish) • Yellow cheese • Alcohol • All fibre supplements (Metamucil, Normacol, Benefibre) • Anything red or purple coloured 	<ul style="list-style-type: none"> • Plain white bread, panini, white rice or pasta, white flour • Rice bubbles, cornflakes • Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, tofu • Clear strained fruit juice (clear apple or pear) • Clear strained vegetable juice (V8), skin free pumpkin and potato • All milks, plain yogurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, custard • Vegemite, honey, cheese spread, fish and meat paste • Strained broth, clear soup, beef tea, Bovril • Water (6-8 glasses /day), tea, coffee, cordial, Milo, Sustagen

If you are prone to constipation and/or if you usually follow a high fibre diet, you may be asked to have an additional laxative like MOVICOL.

This can be purchased from your pharmacy. Please follow the directions given directly by Dr Vasica.

Each sachet is mixed in a glass (125mls) of water and taken either daily, or morning and night.

Do not take any further Movicol once you have started the bowel preparation.



One day prior to the colonoscopy, please follow the diet recommended as below:

FOR A MORNING PROCEDURE – MAY HAVE BREAKFAST ONLY

BREAKFAST: Have a light breakfast (stewed fruit and poached egg – no cereal or bread).

After breakfast you may have clear fluids only. No solid foods or dairy products are permitted until after your examination.

FOR AN AFTERNOON PROCEDURE – BREAKFAST & LUNCH ONLY THE DAY BEFORE

BREAKFAST: Have a light breakfast (stewed fruit and poached egg – no cereal or bread).

LUNCH (before 1pm): Have a light lunch (clear soup and stewed fruit) avoiding foods containing nuts, grains, skins, seeds or fibre.

After lunch you may have clear fluids only. No solid foods or dairy products are permitted until after your examination.

FLUIDS RECOMMENDED TO DRINK THE DAY BEFORE YOUR COLONOSCOPY:

Approved clear fluids include: Water, black tea and black coffee. Clear broth (strained). Jelly (orange or yellow only). Fruit juice (clear apple). Cordial (lemon, lime or orange). Carbonated soft drinks (lemonade, lemon squash, ginger ale, mineral water). Sports drinks (Gatorade, Powerade). Beef tea (stock cubes in hot water, Bovril). Clear ice blocks.

You MUST avoid any red, green, blue and purple food colouring.

One day prior to the colonoscopy, please start the bowel preparation recommended as below:

Prepare your PICOPREP

4 pm – The first dose of PICOPREP

Empty the entire contents of 1 sachet of PICOPREP into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with at least 4 glasses of approved clear fluids (at least 1 glass per hour) to avoid dehydration.

8 pm – The second dose of PICOPREP

Empty the entire contents of 1 sachet of PICOPREP into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with one (1) litre of approved clear fluids to avoid dehydration and continue drinking clear fluids until six (6) hours before your appointment at the hospital.

The bowel preparation solution will cause multiple watery motions, usually starting within the first 2-3 hours after the first dose of PICOPREP. You may also experience intermittent abdominal cramps.

IT IS IMPORTANT TO KEEP DRINKING THE APPROVED CLEAR FLUIDS TO KEEP WELL HYDRATED UNTIL THE FASTING TIME.

**THE REQUIRED FASTING TIME IS 6 HOURS PRIOR TO YOUR PROCEDURE.
FASTING MEANS NOTHING TO EAT, DRINK, SUCK OR CHEW.**

The day of the colonoscopy:

Do not drink any fluids for six (6) hours before your appointment time.

Your bowel motion should be clear (look like yellow water) and free of any residue.

Do not take any diabetic medication or insulin. Please take this medication into hospital with you.

Admission to hospital:

The Hospital Admissions Office would have been in contact with you directly either by mail or telephone or both to confirm the time and place where you are expected to present to hospital. Please follow their instructions.

Your examination will take place somewhere between 8am and 5pm and you can usually leave 3 hours after the examination is completed. A carer or escort is required when you leave the hospital and driving is not advised for 24 hours after the examination (IT IS AGAINST THE LAW).

An anaesthetist may not agree to perform the anaesthetic if you are unattended overnight at home following the colonoscopy.

After the colonoscopy, if you have any severe abdominal pain, bleeding from the back passage, fever or other symptoms you are concerned about, please call our rooms, or present to your nearest emergency department.

Remember to cease iron supplements, multivitamins and fish oil for 7 days prior to your colonoscopy.

Blood thinning medications should be taken as per below:

- Aspirin – no need to stop
- Plavix – cease taking 7 days before operation
- Warfarin – cease taking 5 days before operation
- Eliquis – cease taking 2 days before operation
- Xarelto – cease taking 2 days before operation
- Pradaxa – cease taking 2 days before operation

Post op: You can resume taking within 24-48 hours (unless advised otherwise).

Some helpful tips:

Apply protective cream (like lanolin, Vaseline, Paw Paw ointment or Zinc) around your anal area to protect it from excoriation from frequent bowel motions

If you have haemorrhoids, use a haemorrhoid cream for the discomfort

Use soft toilet paper or wet wipes with aloe and Vit E

Drink the bowel prep and fluids through a straw. Suck some barley sugar or butterscotch between drinks

If you feel nauseous from the bowel preparation, stop for half an hour, have something hot to drink and have a little walk, then resume the bowel prep

If you become unwell or develop severe pain, please stop your bowel preparation and present to your nearest emergency department

Recommended low residue diet:

BREAKFAST	LUNCH / DINNER	SNACKS
Juice, clear apple, pear, white grape	Clear soup, broth, chicken noodle soup	Cheese and plain crackers
Yoghurt, no fruit or topping	Fish, steak, chops, ham, chicken	Rice cakes
Bowl cornflakes or rice bubbles	Skinless potato and pumpkin, roasted, baked, steamed, mashed	Ham quiche
Eggs, poached, boiled or scrambled	Pasta carbonara	Parmesan cheese sticks
Bacon, sausage, mince	Macaroni cheese, no tomato paste or bottled sauces	Wedges with sour cream
Hash browns	White sandwiches, chicken, ham (no mustard), tuna, cheese, egg	White flour based cake
White toast, honey or vegemite	Baked rice custard	White flour based biscuits
French toast, cinnamon sugar	Chocolate mousse	Chocolate biscuits with no nuts
Croissants, plain or ham and cheese	Plain ice cream	Cheese cake with no wholemeal crust
Muffin, no fruit or nuts	Water, soft drink, tea, coffee	Scones with honey
Crumpets and pancakes		Pikelets
Chocolate brioche		Waffles
Water, tea, coffee		Doughnut
		Danish custard
		Meringue
		Milkshakes, egg flips, protein shake
		Water, clear sports drink, tea, coffee, hot chocolate, sustagen

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