

COLONOSCOPY PREPARATION WITH PICOPREP

Afternoon Procedure

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. Please purchase the **PICOPREP ORANGE with x3 sachets**.



Admission to hospital:

The Hospital Admissions Office will be in contact the day before your procedure 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 1pm and 5pm and you can usually leave 3 hours after the examination is completed. An 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.

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

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

ONE DAY prior to your colonoscopy:

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.

IT IS IMPORTANT TO KEEP DRINKING THE APPROVED CLEAR FLUIDS TO KEEP WELL HYDRATED UNTIL THE FASTING TIME ON THE DAY OF YOUR PROCEDURE.

FLUIDS RECOMMENDED TO DRINK THE DAY BEFORE AND UP UNTIL FASTING TIME 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.

Prepare your PICOPREP

5 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 – Repeat process from 5pm

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.

The day of the colonoscopy:

6 am the day of your procedure – The third 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 until ten (10) am on the day of your procedure.

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.

**THE REQUIRED FASTING TIME IS 10 AM ON THE MORNING OF YOUR PROCEDURE.
FASTING MEANS NOTHING TO EAT, DRINK, SUCK OR CHEW.**

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UNTIL THE FASTING TIME ON THE DAY OF YOUR PROCEDURE.**

**FLUIDS RECOMMENDED TO DRINK THE DAY BEFORE AND UP UNTIL FASTING TIME 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.

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

Medications

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 unless otherwise directed:

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

Post op – you can resume taking these medications within 24-48 hours (unless otherwise stated)

DIABETIC MEDICATIONS

If you are a diabetic on oral medication or insulin medication to manage your blood sugar level, **please seek instructions from your GP and endocrinologist and anaesthetist**, as to when to stop these medications prior to your surgery and when to resume these medications after your surgery.

Please take your medications into hospital with you.

If you have any questions regarding your medications, please can you call our rooms.

Some helpful tips

- Apply protective cream (like lanolin, Vaseline or Zinc) around your anal area to protect it from excoriation from frequent bowel motions
- If you have haemorrhoids, use a haemorrhoid cream for any 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

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