



QUEENSLAND GASTROENTEROLOGY

Associates in Practice
Specialising in Gastrointestinal and Liver Diseases

Preparing for your Colonoscopy - Patient Instruction Booklet

PICO SPLIT PREPARATION

**PLEASE FULLY READ ALL OF THESE INSTRUCTIONS
AT LEAST SEVEN DAYS BEFORE YOUR PROCEDURE**

Please arrive at _____ on _____ / _____ / _____
at _____ Hospital for your procedure.

Your procedure will usually be performed 1-2 hours after your arrival at the hospital, but due to the variable duration of procedures there may be unforeseen delays. The procedure takes between 15-60 minutes and you will usually be discharged approximately 2 hours following the procedure.

Please bring the following to the hospital:-

1. Your referral documents if not previously forwarded to the office.
2. Your signed information consent booklet for the procedure.
3. Your health insurance or DVA information booklet/card.
4. Please wear comfortable, loose clothing.
5. Reading material.
6. A list of all current medications and allergies.

For enquiries regarding your booking or questions about your preparation and procedure, please ring the Queensland Gastroenterology office for the hospital where you are having the procedure.

Greenslopes Private Hospital - 3324 1500
Mater Private Hospital - 3844 0033 | Mater Redlands Hospital - 3324 1500
info@qgastro.com.au

What is a colonoscopy prep?

In order for a complete examination of the bowel to be made you will need to undergo a bowel preparation to remove all the bowel content prior to your colonoscopy. It is vital that you **STRICTLY** follow these instructions as any faecal material left in the colon may prevent small abnormalities from being detected by colonoscopy and may require your procedure to be repeated.

Seven days before your procedure: (_____)

- Stop any **iron tablets, multivitamins and fish oil** until the procedure has been performed.
 - If you are on **blood thinners or a diabetic on tablets or insulin**, you should have instructions about what to do with these medications in the time around your procedure. If you haven't got these instructions, please contact at least seven days before your procedure the gastroenterologist who will be performing your colonoscopy.
 - If you have an **implantable electronic device such as a pacemaker, de-fibrillator, drug pump or nerve stimulator**, please contact at least seven days before your procedure the gastroenterologist who will be performing your colonoscopy.
 - If you have **chronic constipation that requires regular laxatives** or had **problems with your bowel not being completely cleaned out for previous colonoscopies**, please contact at least seven days before your procedure the gastroenterologist who will be performing your colonoscopy as you may need modification of your preparation.
 - As you will receive sedation for the procedure and will not be able to drive, **please arrange for someone to take you home after the procedure and be with you the rest of the day and overnight following the procedure.**
 - Given the small risk of bleeding including delayed bleeding after a colonoscopy, please make sure you **don't travel internationally for at least two weeks after the procedure.**
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Two days before your procedure: (_____)

Today you will start your low fibre diet. Keeping strictly to this diet and having **NO** skins, seeds and pips will increase the effectiveness of the bowel preparation.

Today any solid food you eat **MUST** come from the following low fibre list:

Boiled or steamed white fish (no skin) or chicken (no skin), egg, plain cheese (cheddar, cream, cottage), white bread, plain SAO crackers, butter, margarine, potato (no skin), plain or vanilla yoghurt (with NO seeds, berries, nuts or inulin), white pasta, white rice, plain white rice noodles.

Do not eat any other solid food that is not on this list.

All fluids you drink throughout today **MUST** be low fat milk or clear fluids. Clear fluids are fluids you can see through and permitted clear fluids are listed below:

Clear apple juice, water, clear soups or broths containing no solid material, bonox, black tea and or coffee (with or without minimal amounts of sugar if desired), carbonated and non-carbonated soft drinks, jelly, popsicles, cordial, sports drinks and barley sugar lollies. **NONE OF THESE CAN BE RED, PURPLE OR BLUE IN COLOUR.**

The day before your procedure: (_____)

Have breakfast and lunch (completed before 12pm) from the low fibre diet and clear fluids you have been following yesterday. **After 12pm** the only oral intake (other than the colonoscopy preparation and your medication) you can have is **CLEAR FLUIDS** from the list above. Clear fluids can be taken until you start fasting for your procedure. No alcoholic beverages can be taken today.

It is important that you continue to drink sufficient clear fluids during the day to avoid dehydration.

The Bowel Preparation – the day before the colonoscopy

Before **8am** make up the sachet of COLONLYTELY / GLYCOPREP following the instructions on the sachet. Place this one litre solution in the refrigerator.

At 6pm: Make up the sachet of PICOLAX following the instructions on the sachet. Drink the mixture gradually but completely over 5-10 minutes. Follow this by three 250ml glasses of clear fluids over the next 60 minutes.

At 8pm: Remove the one litre of COLONLYTELY / GLYCOPREP from the refrigerator. Over the next hour drink completely the one litre solution at a rate of one 250ml glass every 10-15 minutes. You should have loose motions within 1-3 hours. You should remain within easy reach of toilet facilities.

During the evening it is important that in addition to taking the preparation solutions, you continue to drink sufficient clear fluids to avoid dehydration

The Bowel Preparation – the day of your colonoscopy

Four and a half hours prior (_____) to your admission time, make up the sachet of PICOLAX following the instructions on the sachet. Drink the mixture gradually but completely over 5-10 minutes. Follow this by three 250 ml glasses of clear fluids over the next 50 minutes. The PICOLAX and the three glasses of clear fluids **MUST be completed by three and a half hours prior (_____). to your admission time.** Once the PICOLAX and three glasses of clear fluids are completed you **MUST then remain completely nil by mouth until your procedure.**

For some morning procedures, you will need to get up during the night to take this last part of the preparation. The correct timing of this dose is essential for an effective preparation.

Individual responses to laxatives vary. The preparation should cause multiple bowel movements. It usually induces frequent, loose bowel movements within 1-3 hours of taking a dose, but the effect may be delayed. Abdominal bloating is frequent. Walking and a hot pack will help with this. By the time you have finished the preparation your bowel motions should have the appearance of lightly coloured water. The preparation may also worsen haemorrhoidal discomfort for which a barrier cream (eg zinc cream, lanolin or Vaseline) may be applied to the anal region.

Notes

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