



Bowel Prep Instruction



PLEASE FOLLOW THIS INSTRUCTION STRICTLY OR WE MAY HAVE TO ABANDON THE PROCEDURE AND YOU NEED TO RE-BOOK AT AN EXTRA COST TO YOU

If you are over 80 years of age, or have a severe liver/kidney/heart condition, you need to contact our office for special instructions.

Bowel preparation is a very important part of Colonoscopic Examination. Good bowel preparation allows your Doctor to carefully and thoroughly look for, and safely remove, small polyps / lesions that could enlarge overtime if not detected early. In some cases, with large amounts of faecal material still in the colon at the time of the examination, your Doctor may have to abandon the procedure if it is unsafe to continue.

Buy from Pharmacy the BOWEL PREP KIT:

1. **Picolax OR Picoprep X 3 sachet**
2. **Coloxyl OR Dulcolax tablets**

Your date/day of procedure: _____

FIVE (5) DAYS BEFORE PROCEDURE: Date/Day: _____

1. Please contact the hospital on 9771 7177 to confirm your appointment
2. **STOP TAKING the following:**
 - a. Blood thinning tablets such Warfarin, Iscover or Plavix. **(It is important that you check with your GP/Specialist first before stopping any medication)**. You may continue to take Aspirin.
 - b. IRON medication, Multi-Vitamins, Fish / Krill oil tablets, Garlic & Horseradish tablets as they can cause bleeding
 - c. all foods with small seeds and fibre (i.e. multigrain bread, cereals)

TWO (2) DAYS BEFORE PROCEDURE: Date/Day: _____

1. Do not eat any red meats. Have light meals only eg. Rice, Chicken, Pasta
2. Take Coloxyl or Dulcolax x 2 tablets before retiring to bed for two nights

ONE (1) DAY BEFORE PROCEDURE: Date/Day: _____

1. No solid foods, no milk or milk products allowed. No smoking for at least 24 hours before
2. Drink only approved "**CLEAR LIQUIDS**" for breakfast, lunch and dinner.

"CLEAR LIQUIDS" include:

- Water tea or coffee (no milk or non-dairy creamer), sweeteners are acceptable
- Carbonated or non-carbonated soft drinks or sports drinks (not coloured red or purple)
- Fruit flavoured cordials (not red or purple)
- Strained fruit juices without pulp (apple)
- Strained clear chicken or beef broth, (chicken, beef or vegetable stock made into a soup)
- Plain jelly (not red or purple)

3. Colonoscopy bowel preparation (3 doses):

a. FIRST DOSE: START TODAY AT 6.00PM

Add entire contents of ONE sachet of **Picolax** OR **Picoprep** in a glass of warm water, ginger ale or apple juice (250ml) and stir until dissolved (chill in fridge if desired). Drink mixture slowly but completely. Continue to drink clear fluids (at least one glass every hour)

b. SECOND DOSE: AT 9.00PM

Drink second sachet of **Picolax** OR **Picoprep** as per previous instructions. Drink mixture slowly but completely and continue to drink clear fluids every hour.



Bowel Prep Instruction

c. **THIRD DOSE: 3 hours prior to your procedure**

Drink the third sachet of **Picolax** OR **Picoprep** as per previous instructions. Drink mixture slowly but completely and continue to drink clear fluids. Drink plenty of fluid as is necessary to keep you well hydrated and not thirsty

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours. Please remain within easy reach of toilet facilities

ON THE DAY OF PROCEDURE

1. YOU MUST NOT

- a. drink anything for 3 hours prior to your appointment time
- b. smoke for 24 hours prior to your appointment time
- c. take your diabetic tablets or insulin but bring them to the hospital with you on the day.

2. YOU MUST

- a. bring your ventolin puffers or any puffers, any medication for epilepsy and Parkinson disease with you
- b. have your regular medication at the usual time with a sip of water
- c. allow 3 hours from the time of your arrival to discharge.
- d. wear loose fitting comfortable clothing on the day. **NO JEANS.**
- e. leave all your jewellery and valuables at home.
- f. **ARRANGE FOR A RELATIVE OR FRIEND TO PICK YOU UP FROM THE HOSPITAL WAITING ROOM AND DRIVE YOU HOME** after the procedure (taxis are not acceptable). They have to stay with you overnight. Failure to do so may result in the cancellation of your procedure.
- g. **ALL PAYMENTS** are required on admission and may be made by cash, EFT or credit
- h. **NOT WORK** after the procedure but rest at home for at least 24 hours.

THE FIRST 24 HOURS following your anaesthetic or intravenous sedation

1. YOU MUST NOT

- a. Drive a car or operate any machinery
- b. Have a heavy meal
- c. Drink alcohol
- d. Contract any responsible business or sign any legal documents

RING 97717177 FOR ANY QUERIES.

CHECK OUT OUR WEBSITE FOR MORE INFORMATION:

www.chds.net.au