

COLONOSCOPY INSTRUCTIONS FOR USING *PREPKIT ORANGE* / BOUGHT FROM CHEMIST

NO SCRIPT NEEDED PREPKIT ORANGE IS EFFERVESCENT, MAKE UP IN A LARGER THAN 250ml GLASS

GOSFORD PVT HOS ENDOSCOPY CENTRE: Ph: 4324 7111 or 4348 8555 – Henry Parry Drive, North Gosford

TUGGERAH LAKES PVT. HOSPITAL: Ph: 4310 9100 – Cnr Pacific Highway & Craigie Avenue, Kanwal

BRISBANE WATERS PVT. HOSPITAL: Ph: 4341 9522 – 21 Vidler Avenue, Woy Woy

GOSFORD/WYONG HOSPITAL BOOKINGS UNIT: Ph: 4320 2166

SURGERY PHONE: 4323 4846 / Procedure Date:

TWO WEEKS BEFORE THE TEST

- Make sure all paperwork has been **completed and delivered** to the hospital at least **two weeks** prior to your procedure (**private hospital admission only**). **Public hospital admission booklet to be placed in envelope provided by our office.**
- Make sure you have **travel arrangements** to be driven to and from the hospital.
- Make sure you know what to do if you are a **DIABETIC** or you are on **BLOOD THINNING AGENTS** [see below]
- Make sure you have all x-rays etc. to bring with you.
- **ONE WEEK BEFORE THE TEST: Cease iron tablets, cease NSAIDS [Naprosyn, Mobic etc] and avoid food with seeds.**

TWO DAYS BEFORE THE TEST - If on ***XARELTO, ELIQUIS, APIXABAN*** stop two days before the test.

- Commence a **low residue diet** [see back of this page for description]. Drink plenty of fluids.
- Make sure that you have a **good bowel action daily** with the use of **laxatives if required**. It is very important you are not constipated when you start the formal bowel preparation. Possible laxatives to use include **two Coloxyl with Senna tablets** once or twice daily for mild constipation and for more severe constipation either **one Movicol sachet** in 120mls of water one to three times daily or **one Osmolax 17g scoop** in 120mls of water once or twice daily.

THE DAY BEFORE THE TEST

- Have a **light breakfast** [fruit juice, white bread or toast with thin honey or jam] before going onto **clear fluids only** [see back of this page for description]. **Remain on clear fluids only** until commencement of bowel preparation. Make sure you **keep active/walking around and drink plenty of fluids** to avoid dehydration, including before and after the preparation is taken.
- **at 3.00pm** mix **first sachet of PICOPREP in a large glass of warm water and drink straight down** – if you find it difficult to drink, chill the mixture in the fridge for an hour then drink the mixture down in three or four swallows trying not to taste the mixture. You can sip small amounts of sweet liquid [eg. flat clear lemonade or light-coloured cordial] between swallows to overwhelm the salty taste.
- **at 6.00pm** mix the **GLYCOPREP in one litre of water, cool it in the fridge (if preferred as this also aids in decreasing bubbles)** and then drink it all down over one hour [use the above technique to avoid tasting the salty taste if needed].
- **If your hospital admission time is before 10.00am** take the **second sachet of Picoprep at 9.00pm** before going to bed.
- **If your hospital admission time is 10.00am or after** don't take the **second sachet of Picoprep today** but wait until the day of the test ie. **4 hours before your hospital admission.**

THE DAY OF THE TEST

- **Take the second Picoprep if not taken the day before. Take it 4 hours before your hospital admission time** eg. take it at **6.00am** if your admission time is **10.00am**; take it at **11.00am** if your admission time is **3.00pm** etc]
- Your bowel motions should be clear liquid. If not, please advise the nurse on admission.
- **Stop drinking completely 3 hours before your admission time** ie. you should be **nil by mouth for 4 hours prior.**

IF YOU ARE A DIABETIC ON TABLETS! stop these after the morning dose the day before your procedure [bring them to the hospital].

IF YOU ARE A DIABETIC ON INSULIN! take half your normal insulin dose the day before the procedure with preparation and don't take insulin the day of the procedure until advised following your procedure. Monitor your GMRs carefully and ingest sugar if low.

DIABETIC ALERT: If you are taking Dapagliflozin (Forxiga) OR Empagliflozin (Jardiance) for diabetes, the medication needs to be ceased 3 DAYS BEFORE YOUR COLONOSCOPY. Please discuss this with your GP and/or Endocrinologist.

If you are on blood thinning agents and have a **history of a recent (< 12 months) stroke, coronary stent or venous thrombosis,** please **continue your medications.** If you don't have a history of recent such events, please follow the following advice.

- If on **Aspirin alone** (Cartia, Astrix, Solprin etc) continue it i.e. **DO NOT STOP ASPIRIN !!**
- If on **Iscover, Plavix, Clopidogrel or Asasantin** – stop 5 days before and start Aspirin 100mg/day.
- If on **Warfarin or Pradaxa** – stop 3 days before the test and commence on Clexane subcutaneous injections either 1.5mg/kg once daily or 1mg/kg twice daily with the dose adjusted to kidney function – **you will need to see your GP to arrange this. The last dose of Clexane should be on the morning of the day before the test i.e. no Clexane 24 hours before the procedure.** If on ***XARELTO or ELIQUIS*** stop two days before the test.

LOW RESIDUE DIET TO BE FOLLOWED TWO DAYS BEFORE YOUR TEST

Avoid foods that contain nuts, wholegrains, skins, seeds or fibre of any sort.
The follow table suggests types of foods to avoid and those allowed:

AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, cereals, muesli, muesli bars, oats (porridge)	Plain white bread/Panini/English muffins/white toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, Sausages, bacon, meat curries (no onion), plain Meat or steak and bacon pies, tofu, meat Substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato Capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils Barley, split peas All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear) strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked), potato salad – with mayo, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds e.g. Linseed, sesame, sunflower, poppy. Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi-Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds, peel Peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
Avoid all fibre substitutes such as Metamucil, Normafibe Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Protein/calorie supplements such as Sustagen, Ensure, Digestilact. All clear fluids [see below]

SUGGESTED "LOW RESIDUE" MENU PLAN BEFORE COLONOSCOPY

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetable and fruits than is normally recommended:

- **BREAKFAST:** Juice – apple, cranberry, pear, white grape; Yoghurt (no fruit or nut topping); small bowl of Cornflakes or Rice Bubbles; 2 eggs poached, boiled or scrambled; Bacon, sausage, hash browns; 1 slice of White toast with vegemite, honey; Croissants – plain or with ham and cheese; muffins no fruit or nuts; Crumpets and honey; pancakes with syrup; chocolate brioche; tea; coffee; water.
- **LUNCH/DINNER:** Clear soup or broths eg chicken noodle; fish, steak, chops, ham, chicken or turkey; potato or pumpkin (skinless)-baked, steamed or mashed, potato salad; pasta carbonara or macaroni cheese (no tomato paste or bottled sauces); sandwiches-white bread or roll or Panini with chicken, ham (no mustard), tuna, turkey, corned beef, cheese, egg; baked rice custard; chocolate; plain ice cream; water, soft drink, tea or coffee.
- **SNACKS:** Cheese and crackers; rice cakes; protein bars (no nuts); ham quiche; parmesan cheese sticks; wedges with sour cream; cake based on white flour; biscuits based on white flour; chocolate biscuits-no nuts; cheesecake-no wholemeal crust; scones with honey; pikelets with lemon and sugar or honey; waffles with syrup; vanilla slice; doughnuts; custard Danish or custard tart; meringue kisses; milkshakes, egg flips, protein shake; clear sports drinks; tea; iced tea; coffee; hot chocolate; plain or chocolate Sustagen; Ensure, Digestilact; water.

WHILST ON CLEAR FLUIDS YOU ARE ALLOWED:

Water, black tea, black coffee

No milk or mild substitute

Cordial – orange or lemon

Avoid red, green or blue colours

Fruit juice – pulp free orange or clear apple

Strain any solid bits out before drinking

Clear soup – e.g. strained chicken broth

Avoid red, green or blue colours

Jelly – lemon, pineapple or orange

Avoid red, green or blue colours

Sports drinks e.g. Gatorade or Powerade or Staminade

Beef tea [e.g. Bovril, Bonox]; soup cubes in hot water