

## PREPARING FOR YOUR COLONOSCOPY

### ~ EXTENDED PREPARATION ~

Your specialist has requested that you have a colonoscopy. A date for this procedure will be given to you by the hospital. About five days before your procedure date our practice nurse will call you to confirm what time you need to arrive at the hospital on that day.

A colonoscopy is an examination of the surface of your bowel wall and requires your colon to be clean. To achieve this you need to follow a special diet for FOUR days prior to your procedure date. You will also need to take a bowel preparation formula to cleanse your bowel.

The bowel prep which is recommended by our specialists is PICO-SALAX which are available to purchase from our centre.

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**Please follow these instructions below in order to ensure your bowel is properly cleansed for your colonoscopy.** *(NB: If your bowel is not free of all waste (stool) before the procedure, it may affect the results and you may be rescheduled or have to have a repeat scope)*

- ✓ **4 Days before your procedure** you will need to start a **LOW FIBRE DIET**
- ✓ **3 Days before your procedure** continue on the **LOW FIBRE DIET**
- ✓ **2 Days before your procedure** you need to have **SUBSTANTIAL FLUIDS** only – *NO solid food – pureed food only*
- ✓ **The day before your procedure** you need to have **ONLY CLEAR FLUIDS - NO FOOD**

**\*Please see colonoscopy diet sheet over leaf**

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**EXTENDED BOWEL PREPARATION COMMENCES AT 5pm TWO (2) DAYS PRIOR TO YOUR PROCEDURE – you need to take 4 sachets of pico-salax at different stages**

Pico-Salax Mixing directions for use:

- Immediately before use, mix the contents of **one sachet in 150mL** of water.
- Stir for 2 To 3 minutes – the solution becomes a cloudy white colour.

**Two Days before your procedure:**

**1<sup>st</sup> Sachet at 5pm:** mix up and drink your first sachet of pico-salax. Follow this with an additional 3 glasses of water during the next 3 hours

**2<sup>nd</sup> Sachet at 8 pm:** mix up and drink your second sachet of pico-salax. Follow this with an additional 3 glasses of water during the next hour

### **The Day before your Procedure:**

**1<sup>st</sup> Sachet at 5pm:** mix up and drink your first sachet of pico-salax. Follow this with an additional 3 glasses of water during the next 3 hours

**2<sup>nd</sup> Sachet at 8 pm:** mix up and drink your second sachet of pico-salax. Follow this with an additional 3 glasses of water during the next hour and continue drinking fluids

During this bowel cleanse, plan for episodes of watery, fairly explosive diarrhoea-like bowel motions

Increase clear fluid intake to avoid dehydration

To avoid chafing, use disposable baby wipes or water to rinse, instead of toilet paper. Eventually the colour of your diarrhoea will begin to get lighter, which is one indicator that the bowel is getting cleaner.

### **SPECIAL CONSIDERATIONS**

Unless instructed otherwise, please take your usual medication with a sip of water prior to the procedure. This includes aspirin and diabetic medication.

If you are on insulin please with-hold your morning dose of insulin the day of colonoscopy – you should be placed first on the list by the hospital.

#### Ceasing Specific Medication

***Your specialist would have advised you when (or if) to cease these (a guide is below); however please discuss this with the Nurse. Private Patients - In addition this information was written on your Private Day Hospital Form confirming your date of operation. Please refer to this.***

***Warfarin, Clopidogrel - 1 week  
Anticoagulants such as Apixaban (Eliquis) or Rivaroxaban (Xarelto) – 3 days  
Fish Oil – 1 week  
Aspirin - refer to specialist***

### **AFTER THE PROCEDURE**

Some patients will be required to come to the centre for a post op appointment.

A small amount of rectal bleeding after the procedure is normal however if rectal bleeding is severe and persistent, you have a fever, severe abdominal cramping, and vomiting/diarrhoea then please seek urgent medical attention.

**If you have any queries or concerns please contact the nurse at the  
Great Southern Specialist Centre on 9841 3500**