

PREPARING FOR YOUR COLONOSCOPY

You have been assessed as requiring a colonoscopy. For public patients a date for this procedure will be given to you by the Albany Hospital. For patients using your private health you have chosen to go to the private Albany Day Hospital on a date you have selected in consultation with GSSC Admin staff.

Approx five days before your procedure date our practice nurse will call you on your nominated phone number to remind you to start your bowel preparation. For public patients she will also advise you what time to present to the Albany Regional Hospital. For Private patients Albany Day Hospital staff will contact you the day before to advise of your admission time. Please ensure you receive this call.

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 or from a local chemist.

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/THICKENED 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 enclosed

BOWEL PREPARATION COMMENCES AT 5PM THE DAY BEFORE YOUR PROCEDURE – you need to take 3 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.

1st 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**

2nd 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**

NB: The time you take your 3rd Sachet depends on when you are expected to be at the hospital

- if you are due at the hospital at **7-8.30am** the next day take your 3rd sachet at 9pm the day before, **with 3 glasses of water**
- if you are due at the hospital at **9-11am** the next day take your 3rd sachet at 5am on the day of the procedure **with 3 glasses of water**
- if you are due at the hospital at **11.30 - 12 noon (or later)** the next day take your 3rd sachet at 6am the day of the procedure **with 3 glasses of water**

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

Increase clear fluid intake to avoid dehydration. You can continue to have clear fluids up until 2 hours before admission to hospital.

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. If biopsies are taken please be advised these can take 2 weeks for results to be available.

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