

Before 10am appointment COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS CP-005-B053

3 x Picoprep sachets

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Please read these instructions at least 4 days before your procedure to ensure you understand them.

4 days before:	3 days before:	2 days before:	1 day before:	Day of procedure:
<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, unless advised otherwise <input type="checkbox"/> Stop iron tablets, calcium, fish oils, Omega 3, Vitamin D, Magnesium or any other supplements <input type="checkbox"/> Continue taking Movicol, Osmolax, Coloxyl, Coloxyl with senna <p>Medication instructions:</p> <hr/> <hr/>	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, unless advised otherwise <p>Medication instructions:</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Only eat what is listed on the 'Foods ALLOWED' list (see overleaf) <p>FOLLOW THE BELOW ONLY IF INSTRUCTED TO DO SO –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat dinner at 6pm and take 1 Picoprep at 8pm. Add the sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. <input type="checkbox"/> Drink 2 x 250 ml glasses of water <p>NB: this additional sachet can be purchased at your local chemist Continue to drink 'APPROVED CLEAR FLUIDS' (see overleaf)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, unless advised otherwise <p>Medication instructions:</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Only eat what is listed on the 'Foods ALLOWED' list (see overleaf) <p>FOLLOW THE BELOW ONLY IF INSTRUCTED TO DO SO –</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat dinner at 6pm and take 1 Picoprep at 8pm. Add the sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. <input type="checkbox"/> Drink 2 x 250 ml glasses of water <p>NB: this additional sachet can be purchased at your local chemist Continue to drink 'APPROVED CLEAR FLUIDS' (see overleaf)</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, unless advised otherwise. Also see additional information overleaf. <p>Medication instructions:</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Before 9am eat 2 slices of white toast only with honey or vegemite, a ripe banana, tea/coffee with low fat milk. No more solid food after 9am. <input type="checkbox"/> 9am until 5pm - Drink 8 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 5pm – Add one sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 6pm – second dose of Picoprep as instructed above. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 8pm – third dose of Picoprep as instructed above. Drink 4 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <p style="text-align: center;">Drink <u>ONLY</u> water from midnight</p>	<p>Medications</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised <p>Reflux Blood pressure Epilepsy Asthma puffer</p> <p style="text-align: center;"><u>DO NOT TAKE DIABETIC MEDICATIONS OR INSULIN</u></p> <p style="text-align: center;"><u>DO NOT BRING ANY MEDICATIONS INTO THE FACILITY EXCEPT FOR INSULIN& ASTHMA PUFFER – DECLARE THESE ON ARRIVAL</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> STOP drinking water 2 hours before your arrival time <p>Stop drinking water: _____</p> <p>Arrival time: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not chew gum or suck lollies <input type="checkbox"/> Leave dentures/false teeth in (if applicable) <p>Please bring</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dressing gown (if you have one) <input type="checkbox"/> Supportive footwear <input type="checkbox"/> Spare pair of underpants <input type="checkbox"/> A bag for your belongings <p style="text-align: center;">YOU MUST HAVE a responsible adult to take you home and remain with you for the duration of the day</p>

Foods ALLOWED

BREADS limited to:

White bread, rolls, plain biscuits, white muffins, pancakes, honey, jams (without seeds), white crumpets, vegemite

CEREALS limited to:

Rice Bubbles, Cornflakes, Weetbix, Nutrigrain

DESSERTS (Low Fat) limited to:

Plain cake, natural low fat yoghurt, low fat ice cream, frozen yoghurt without fruit

FRUIT limited to:

Ripe banana, apple sauce, stewed peeled fruit

RICE/PASTA limited to:

White rice, white pasta, egg noodles (2 minute noodles)

VEGETABLES limited to:

Cooked peeled carrot, pureed squash, pumpkin, Peeled mashed potato

DAIRY & FATS limited to:

Margarine, light salad dressing, light mayonnaise, any plain low fat cheese

PROTEIN (MEAT etc..) limited to:

Well-cooked lean white meat ie: no fat – skinless chicken, fish (fresh or tinned only in brine), shellfish, tofu, eggs

Meal suggestions:

White rice/pasta/tofu with tuna in brine or chicken
Plain white sandwich or bread roll with hard boiled eggs

Adjust with Gluten free options if applicable

APPROVED CLEAR FLUIDS

DO NOT ONLY DRINK WATER

It is very important to have a variety of these approved clear fluids - Salted fluids & fluids containing sugar are essential. Do not drink any salt/sugar reduced fluids.

A vital part of this preparation is the extra fluid that you drink. This prevents dehydration and is an important part of the cleaning out process.

Salted Fluids

Hydralyte, Strained broth, strained chicken noodle soup, sports drinks, chicken or beef liquid stock

Fluid containing sugar

Hydralyte, apple juice, soft drinks, cordials, barley sugar, jelly, Lemonade Icy poles

Please do not consume red, blue or purple drinks or jelly

Other allowed fluids

Water, herbal tea, tea or coffee with low fat milk,

Additional Information

Diabetic on Insulin If you are diabetic and on insulin, a short appointment with your treating gastroenterologist is required prior to your procedure as your insulin dose may need modifying on the day prior and the day of your procedure

All Diabetic patients Monitor blood sugar levels 4 to 6 hourly on the day prior to your procedure when drinking only. Please adjust your fluid selection (eg; apple juice) according to your readings. Please also take a reading on the day of your procedure.

Type 2 Diabetic patients Please tell the nurse the name of your medication as some may need to be ceased 2 days prior to your procedure.

Skin Integrity (Protection) We recommend that you apply barrier cream, i.e. zinc cream or Vaseline to the skin around your bottom, using wet wipes instead of toilet paper. This will help prevent soreness from the frequent bowel motions.

Preparation Response You may experience mild side effects but these should go away rapidly, including bloating, nausea, and cramping. Should this occur, slow down drinking the prep, or try drinking it through a straw. Stay near a toilet after commencing the sachets, as diarrhoea will occur. Individual responses to laxatives may vary.

Medication Interaction Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.

Evening medications Please take these 1 hour prior to starting your bowel preparation.

The Digestive Health Centre accepts no responsibility for valuables