

COLONOSCOPY: PREPARING FOR AN AFTERNOON PROCEDURE WITH PREP-KIT C

Please buy from your chemist **PREP KIT C**. This kit will contain one large sachet called "Glycoprep C" and two small sachets called "Picoprep". Carefully follow the instructions below on how to mix these solutions and when to take them.

Stop all iron-containing medications at least one week prior to the procedure.

Discuss with your doctor if any change is necessary for

- blood-thinning medications
 - clopidogrel
 - warfarin
- diabetic medications

All other regular medications can be continued.

Three days before the procedure:

Please avoid high-fibre containing food including: brown bread, vegetables, fruit, any food containing seeds or nuts, yellow cheese

Please drink at least 12 glasses of water or apple juice each day

You may eat:

eggs, meat, fish, white bread, white pasta, white rice, well-cooked peeled potato

One day before the procedure:

CLEAR FLUIDS ONLY all day – Do not eat anything

Approved clear fluids:

Water, clear fruit juices (apple, pear, grape), plain jelly, black tea or coffee, clear broth, clear fruit cordials (lemon or lime), soft drinks, sports drinks eg Gatorade, barley sugar drink

Drink at least 3 litres of approved clear fluids plus the preparation liquids below. After a short time the preparation will cause multiple bowel movements, resulting in diarrhoea. It is important to keep drinking plenty of the approved clear fluids until the fasting time (8:00am on the day of your procedure)

7:00pm FIRST DOSE OF PREPARATION

Add the contents of one sachet of Picoprep to one glass (250mL) of warm water. Stir until dissolved. Chill before drinking if preferred. Drink mixture completely. This should be followed by adequate glasses of approved clear fluids (at least one glass per hour).

9:00pm SECOND DOSE OF PREPARATION

Add the contents of the GlycoPrep-C with 1 litre of water. Chill before drinking if preferred. Drink one glass of the liquid every 15 minutes. Total intake time should be about 1 hour.

On the day of the procedure:

8:00am THIRD DOSE OF PREPARATION

Add the contents of one sachet of Picoprep to one glass (250mL) of warm water. Stir until dissolved. Chill before drinking if preferred. Drink mixture completely. This should be followed by adequate glasses of approved clear fluids (at least one glass per hour).

FROM 9:00AM, NOTHING FURTHER TO DRINK UNTIL AFTER THE PROCEDURE. Any essential regular medication can still be taken with the smallest sip of water.

You must organise for a friend or relative to accompany you home after the procedure as you will not be allowed to drive.

COLONOSCOPY

A colonoscopy is a procedure used to examine the lining of the large bowel using a flexible tube with a camera at its tip (colonoscope). There are many reasons for having a colonoscopy including blood in the stool, family history of colon cancer, a low blood count, or a persistent change in your bowel habit. During a colonoscopy, polyps may be detected and removed so as to reduce your risk of developing bowel cancer. The specialist may obtain biopsies which are then sent-off for examination under a microscope. Instruments can also be passed through the colonoscope to treat many abnormalities with little or no discomfort.

Preparing for your procedure:

The success of your procedure depends on the large bowel being as clear as possible so as to enable your doctor to get the best possible view. The procedure may not be able to be completed or has to be repeated if the bowel is not adequately prepared.

Please refer to the 'Preparing for a Colonoscopy' instruction sheet and follow this carefully.

During the procedure:

You will lie on your left side for the procedure. Your procedure will be performed with the support of an anaesthetist who will administer appropriate anaesthetic medication to ensure that you are asleep during the procedure.

After the procedure:

You will be monitored until most of the effects of the anaesthetic medication have worn off. When you wake up you may feel bloated due to air that was inserted during the procedure. Rarely you may pass a small amount of blood due to biopsies taken, removal of polyps or treatment of haemorrhoids. This is usually of no concern unless it persists and its volume increases. You must organise for a friend or relative to accompany you home as you will not be allowed to drive until the next day.

Complications of colonoscopy

Colonoscopy and removal of polyps are very safe, with serious complications very rare. Possible complications include perforation (a hole in the bowel wall), major bleeding from a biopsy site or polyp removal, reaction to anaesthetic medication, and complications from heart or lung diseases.

If you have severe abdominal pain, rectal bleeding of more than one-half cup, fever or any other symptom concerning you, contact your doctor immediately.