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COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this document carefully. The quality of the bowel preparation directly affects the accuracy of your test. YOU WILL NEED TO PURCHASE THE PREPARATION PREP-KIT C FROM YOUR PHARMACY.

7 DAYS BEFORE EXAMINATION - Begin a low residue food diet (low fibre, white bread, etc) until the procedure is performed. Avoid all seeds, nuts and grains. Drink plenty of fluid. For these 7 days you should be moving your bowels at least once a day, if not consider using 2 Senokot daily, particularly if you usually tend to constipation.

DAY BEFORE EXAMINATION – Between 7.00-8.00 am have a light breakfast (white toast – as much as you like) and milk or juice. After breakfast take **2 Senokot tablets**.

Drink clear fluids only* for lunch and dinner.

At **2.00 pm** mix one sachet of PicoPrep in a glass of warm water (chill if desired) and drink straight down. This must be followed by 3 glasses of water or clear fruit juice (as listed below).

At **7.00 pm** mix the Glycoprep in one litre of water and drink.

Between **2.00-9.00 pm** drink plenty of clear fluids, at least 1½ litres.

You may continue to drink clear fluids until 4 hours prior to the admission time on the morning of your procedure.

DAY OF EXAMINATION –

At _____ (4½ hours prior to your admission time) you need to drink the last sachet of PicoPrep. Again, this needs to be mixed with a glass of warm water and drunk straight down, followed by 3 more glasses of water or clear fruit juice. All clear fluids, including water, must be ceased 4 hours prior to your admission time and then you are to have nothing further to drink until after your procedure has been completed.

Before your procedure your bowel motions should be of a clear liquid nature. If not, please advise the nurse at the time of your admission.

***Clear fluids include:** Water, clear fruit juice (apple, blackcurrant, pear, grape, cranberry or strained orange juice), plain jelly (any flavour, but no cream, ice cream or fruit pieces), broth, clear chicken soup, as much as you like, (Cup-A-Soup – strain all noodles and particles drinking only clear fluid), black tea or coffee (no milk), Bonox, Lucozade (no fizzy soft drinks) and barley sugar lollies.

Medication – Aspirin and NSAID arthritis tablets (eg. Voltaren, Indocid, Naprosyn) should generally be ceased for 7 days prior to the procedure. Warfarin, Plavix and Iscover may be stopped depending on the reason they are being used. Diabetic medication will need to be adjusted. This should be discussed with your gastroenterologist. All other medication should generally be taken as normal throughout the preparation, **unless** advised to discontinue by the doctor. If medication is necessary on the morning of the procedure, please take it early with only a small sip of water.

Please arrange for someone to collect and drive you home following your procedure. You cannot drive home. You will be at the Day Surgery for approximately 2½ hours. You will be able to resume normal activities the following day.

Information regarding fees will be given to you when you book for the procedure.

Biopsies are almost always taken and an account will be issued from the pathologist. Medicare and your private fund will cover most of this fee.

For uninsured patients, you will receive an account from the doctor, anaesthetist and pathologist.

Please do not wear watches, valuable jewellery or nail varnish

Pennant Hills Endoscopy Centre is a smoke free Facility. Patients are requested not to smoke in the Centre or its grounds

Please direct any enquiries to **Pennant Hills Day Endoscopy Centre** on (02) 9875 2311
2/2/2007,08, Oct2009, June2010, 9/11

MB: colon instructions

MODIFIED RESIDUE DIET – PRE- COLONOSCOPY

The diet aims to avoid foods which are incompletely digested or which may compromise the quality of the bowel preparation or act as irritants, eg. fried foods, highly seasoned foods and food which contain a high fibre content.

FOOD	ALLOWED	TO BE AVOIDED
Cereals	Cornflakes, Rice Bubbles, Strained Rolled Oats, Semolina White bread, white rice White pasta Plain biscuits, eg. Milk Coffee, Milk Arrowroot, Sao	Wholegrain cereals, eg. Weet-bix, All Bran Brown or white wholemeal breads Wholemeal pasta Wholemeal biscuits or those containing containing nuts/dried fruit Seeds and nuts
Vegetables and fruit	Potatoes, lettuce, oranges, apples	Broccoli, cabbage, spinach, beans, carrot, tomatoes, high fibre vegetables
Meat, fish, poultry, eggs	Small servings	

Services and function of this Centre

This Centre conducts investigations of the upper and lower gastrointestinal tract. One of these investigations is a Colonoscopy.

What is “Colonoscopy”?

You have been advised to have a test called a colonoscopy. Colonoscopy is a procedure used to inspect the large bowel.

Accuracy

Colonoscopy, like almost any test in medicine, is not infallible, however, currently it is the most accurate means of examining the colon. Its accuracy easily exceeds that of barium enema or virtual colonoscopy.

How are you prepared ?

In order for your doctor to get the best possible view and make the colonoscopy easy, your bowel needs to be cleaned out of all waste material. Prior to the colonoscopy you will be provided with detailed instructions of the preparation required. Usually this involves a special diet for a day or two, consisting of no food, lots of fluids and laxatives the day before the procedure. You will need to have nothing to eat or drink for four hours before the procedure is done. However, you may have a sip of water with your regular medication.

Please take your regular medications on the day of the test.

Special considerations

Generally the following medications should be stopped at least one week before the procedure; iron tablets, aspirin, arthritis tablets and any blood thinning drugs (eg Iscover, Warfarin). Diabetic medication will need to be adjusted. *If you are taking any of these tablets, please let your doctor know beforehand.* You should advise the nursing staff if you are sensitive (*allergic*) to any drug or other substance. You should also inform your doctor if you have heart valve disease, or have a pacemaker implanted. Women should be aware that the absorption of an oral contraceptive pill can be affected by bowel preparation and they should consider alternate contraceptive methods for the month.

Will I be given sedation ?

Yes. Before the procedure a sedative injection is given into the vein to make you comfortable. You will be asleep. You will not remember the test and may affect your memory for some time afterwards. Even when the sedation appears to have worn off, you may find you are unable to recall details of your discussion with your doctor. For this reason, a relative or friend should be available to take you home if possible. If you do not recall discussions following the procedure, you should contact your doctor.

How is colonoscopy done ?

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the back passage into the large intestine to allow inspection of the entire large bowel. You will lie on your left side, although occasionally it may be necessary for you to lie on your back at some stage during the procedure. Most colonoscopies take between 20 and 45 minutes.

What is a polyp ?

A polyp is a small growth like a mushroom attached to the bowel wall which can occasionally become a cancer. Most cancers start as polyps. However, most polyps do not become cancers. At the time of colonoscopy the doctor cannot tell which polyps will or will not progress to cancers, therefore all polyps are removed. Removing polyps dramatically reduces the risk of bowel cancer. Most polyps can be burnt off by placing a wire snare around the base and applying an electric current. However it will not be possible to discuss the removal with you during the examination as you will be asleep. Therefore, if you agree to removal of any polyps found during the procedure, please sign the **consent form**. If you have any queries or reservations about this, please talk to your doctor *before* the colonoscopy. Also, often

small samples or biopsies of the bowel will be taken for examination under the microscope to assist in diagnosing your condition.

What happens after colonoscopy ?

Following the procedure you will remain in the hospital recovery area for approximately two to three hours until the effect of the medication wears off. When you wake up you may feel a little bloated. This is due to the air that was inserted during the procedure. This will pass over the next hour or so. Very rarely, you may pass a small amount of blood. This is due to biopsies that have been taken and is of no concern. You may then go home. Because of the sedation given, it is very important that you do not drive a car, travel on public transport alone, operate machinery, sign legal documents or drink alcohol on the same day after the test. It is strongly advised that a friend or relative take you home and stay with you.

Safety and risks

Sterilisation of the instruments – colonoscopes - are completely cleaned between procedures. There is no risk of transmission of serious diseases such as HIV, hepatitis B or C.

The complications of colonoscopy are very rare, at less than one in a thousand examinations. However, complications can occur and include the following:

- Intolerance of the bowel preparation. Some people develop headaches or vomiting
- Reaction to the sedatives. This is very uncommon but is of concern in people who have severe heart disease or lung disease
- Perforation (making a hole or tear in the bowel)
- Major bleeding from the bowel. This can occur as a result of polyps being removed.

It is possible if these serious complications occur that you may require surgery or a blood transfusion

Accuracy – Colonoscopy like almost any test in medicine is not infallible, however currently it is the most accurate means of examining the colon. Its accuracy easily exceeds that of barium enema or virtual colonoscopy.

Patients should be aware that although colonoscopy is the best test to examine the colon it is possible for even the most skilled doctors to miss or overlook an abnormal area in the colon.

If you have any severe abdominal pain, bleeding from the back passage, fever or other symptoms that cause you concern, you should contact your doctor immediately.

Fees

All hospital accounts will generally be forwarded to your fund for payment. Payment of any excesses and co-payments would be appreciated on the day of your procedure.

If you are not in a private hospital fund, we ask that you pay fees on the day of the procedure. Uninsured patients should ask the staff about fees prior to the procedure.

Prior to the procedure please check with your health fund regarding your level of cover. This Centre is accredited and is a “participating hospital” with most health funds.

The item number for colonoscopy is 32090 and, in the event that a polyp is removed, the item number is 32093.

Please ring to clarify any areas of uncertainty prior to your procedure.

Your signing of consent for the procedure is based on you having read and understood all of the information given to you.

Revised 1/96, 11/96, 11/97, 4/02, 2/04, 10/05,08/07, 1/08;

7/08,10/09,9/11