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COLONOSCOPY PREPARATION (PREP KIT-C)

A colonoscopy is a visual examination of the lining of your colon (large intestine). A flexible tube (colonoscope) is passed around the bowel and a careful search made for any abnormalities. If necessary, small tissue samples (biopsies) can be taken or abnormal growths (polyps) can be removed during the procedure. Intravenous medication is given by an anaesthetist during the procedure so patient discomfort is minimal. You will be informed where the colonoscopy will be undertaken and the time to attend. Please note this is the time to arrive which is usually one to two hours before the procedure.

PREPARATION

To allow a clear view, the colon must be free of waste material. You must drink a special cleansing solution on the afternoon of the day before the procedure. The recommended product is PREPKIT-C. This is available from your chemist WITHOUT PRESCRIPTION.

THE DAY BEFORE YOUR COLONOSCOPY

- **AFTER BREAKFAST** - NO SOLID FOOD CAN BE EATEN ON THIS DAY, DRINK ONLY CLEAR LIQUIDS. (Thick liquids or food must not be consumed. See over for list of permitted clear fluids.)
- **1 PM** - add contents of ONE SACHET OF PICOPREP to 250 mls warm water and stir until dissolved. (Chill in refrigerator for half an hour, for better palatability). Drink the mixture and follow with 3 glasses of clear liquids after.
- **3 PM** - add contents of ONE SACHET OF GLYCOPREP-C to 1 litre of water (chill in refrigerator for 2 hours before drinking for better palatability). Drink the 1 litre mixture over one (1) hour.
- **6 PM** - add contents of ONE SACHET OF PICOPREP to 250 mls warm water and stir until dissolved. (Chill in refrigerator for half an hour before drinking for better palatability). Drink the mixture and follow with 3 glasses of clear liquids thereafter.

THE DAY OF THE COLONOSCOPY

For a **MORNING** colonoscopy:

- CLEAR FLUIDS can be continued UNTIL MIDNIGHT.
- WATER ONLY can be continued FROM MIDNIGHT TO 5.30 AM ON THE DAY OF COLONOSCOPY.
- STOP ALL ORAL INTAKE AT 5.30 AM ON THE DAY OF COLONOSCOPY.

For an **AFTERNOON** colonoscopy:

- CLEAR FLUIDS can be continued UNTIL 8.00 AM ON DAY OF COLONOSCOPY.
- WATER ONLY can be continued UNTIL 11.30 AM ON THE DAY OF COLONOSCOPY.
- STOP ALL ORAL INTAKE AT 11.30 AM ON THE DAY OF COLONOSCOPY.

AVOIDING DEHYDRATION

As mentioned above, once you start the bowel preparation you are restricted to clear liquids until the specified fasting time. This does not mean that you need to restrict the amount of liquids you drink. Indeed you are encouraged to take an adequate amount of fluid as failure in sufficient quantity can leave you dehydrated.

APPROVED CLEAR FLUIDS

- Water
- Clear broths
- Black tea or black coffee
- Sports drinks eg Gatorade
- Carbonated beverages
- Barley sugar

MEDICATIONS

Even though you will undertake a period of fasting before the colonoscopy, you should take your usual prescribed medications at the usual time with a SIP of water. **SOME MEDICATIONS SHOULD BE STOPPED BEFORE THE COLONOSCOPY.** These include WARFARIN, ASPIRIN, CLOPIDOGREL AND IRON. ASPIRIN products should be avoided for SEVEN DAYS and IRON PREPARATIONS for FOUR DAYS before the procedure.

PLEASE DISCUSS THIS WITH PROFESSOR JONES.

Please also advise us if you have had rheumatic fever or heart valve surgery.

AFTER THE COLONOSCOPY

You will remain under observation for 1-½ hours until the effect of the sedation medication wears off. Because of the medication you must NOT drive a car, operate machinery, make important decisions or drink alcohol for the rest of the day. **IT IS ESSENTIAL FOR A FRIEND OR RELATIVE TO ACCOMPANY YOU HOME.**

RISKS

Colonoscopy can result in complications such as damage to or bleeding from the bowel. These complications are rare (less than 1 in 1000) but may require urgent treatment or even major surgery to correct. There is a remote risk of death (less than 1 in 150,000 cases following colonoscopy)

ADMISSION TIME & PLACE

HOSPITAL: _____

DATE: _____

TIME: _____ AM / PM

Ian T. Jones