



Bowel Preparation Instructions for Colonoscopy

If you are over 80 years of age, or have severe liver/kidney/heart condition, you may need to see one of the doctors before the procedure(s).

Your procedure(s): Gastroscopy / Colonoscopy (circle as appropriate).

Your procedure(s) date is: ____/____/____, **Time:** 7:30am-11:30am / 12:30pm-4:30pm

Hospital: 350 Main Street, Mornington, 5973 4444 OR 17 Windsor Avenue, Springvale, 9548 5555

We will phone you between the hours of 9am and 12pm midday the business day before your procedure to confirm your arrival time.

If you are having a colonoscopy, you **MUST** take the medicines to clean out your bowel the day **BEFORE** the procedure. Bowel preparation is a very important part of Colonoscopic Examination as it allows your Doctor to carefully and thoroughly look for and safely remove small polyps / lesions that could enlarge overtime if not detected early. Your Doctor may have to abandon the procedure if the views are obstructed by faeces. PLEASE FOLLOW THESE INSTRUCTIONS TO AVOID THE COSTS AND INCONVENIENCE OF HAVING TO RETURN FOR A REPEAT PROCEDURE.

THE BOWEL PREP KIT SHOULD CONTAIN: THREE / FOUR sachets of PICOSALAX (16.1g)

You will need to purchase this from our office or from a pharmacy (no script required)

IF AT ANY STAGE YOU DEVELOP NAUSEA OR VOMITING STOP FOR 1HR AND START AGAIN

CLEAR FLUIDS MEANS: water, lemonade, apple juice, tea without milk, clear fruit cordial (not red or dark coloured), clear soups or broth and steer clear of milk.

If your procedure is in the MORNING: Please commence the following instructions on ____/____/____

AM: Have a normal breakfast and your lunch no later than 12pm the day before your procedure. Then **only clear fluids** from this point. **NO MORE FOOD FROM THIS POINT**

1PM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOSALAX in a glass of water (approx 250ml) and stir until dissolved. Drink a third of the mixture, followed by one glass of clear fluids. Wait 15 minutes, then drink another third of the mixture followed by one glass of clear fluids. Wait a further 15 minutes and drink the remaining mixture followed by a glass of clear fluids.

This medicine doesn't work by itself, so you may drink more clear fluids but not less.

2PM: **SECOND DOSE:** Repeat as above. You can drink more clear fluids if needed, but do not eat food.

6PM: **THIRD DOSE:** Repeat as above. You can drink more clear fluids until midnight but do not eat food.

8PM: **FOURTH DOSE:** Repeat as above. You can drink more clear fluids if needed, but do not eat food

Have **NOTHING** to drink – **NO** water or **ANY** fluids (including no chewing gum) for a minimum of four hours before your procedure time

If your procedure is in the AFTERNOON: Please commence the following instructions on ____/____/____

AM: Have a normal breakfast and your lunch no later than 2pm the day before your procedure. **Only clear fluids** from this point. **NO MORE FOOD FROM THIS POINT**

6PM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOSALAX in a glass of water (approx 250ml) and stir until dissolved. Drink a third of the mixture, followed by one glass of clear fluids. Wait 15 minutes, then drink another third of the mixture followed by one glass of clear fluids. Wait a further 15 minutes and drink the remaining mixture followed by a glass of clear fluids. This medicine doesn't work by itself, so you may drink more clear fluids but not less.

8PM: **SECOND DOSE:** Repeat as above. You can drink more clear fluids if needed but do not eat food.

THIRD DOSE at 7.00am of the day of your procedure: Repeat as above but do not eat food. You can drink more clear fluids until 8.00am, or until six hours before your admission time.



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Have NOTHING to drink – NO water or ANY fluids (including no chewing gum) for a minimum of four hours before your procedure time

Please contact our Staff if you are not sure. If you have been told by your Doctor that your previous colonoscopy bowel prep was not clean, you will need an extra dose (eg. At 9.00pm the day before). You should ask your family to buy an extra dose at the Chemist or at our office (we close at 5pm).

Please ensure that you:

- Wear comfortable loose clothing
- **Fasting: Have NOTHING to drink – NO water or ANY fluids (including no chewing gum) for a minimum of four hours before your procedure time**
- You may take essential medications with your last drink, unless instructed otherwise by one of our nursing staff members
- Arrange for a relative or friend to pick you up and stay with you after the procedure
- Bring along
 - Private Hospital Insurance Details / Card
 - Pension Card
 - Medicare Card
 - Doctors referral if you have not already provided it to reception
 - Payment for the procedure
 - Details of friend/relative who will drive you home

When you arrive at your appointment time, your paperwork will be checked by the reception staff. Once the paperwork is completed, the admissions nurse will take you through to the admissions room where he/she will check your medical history.

We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping. You will be asked to change into a gown. If you wear dentures or a hearing aid there is no need to remove them.

You will be seen by your doctor and the anaesthetist, and escorted to the procedure room where the anaesthetist will give you a small injection into the back of your hand. The anaesthetist will administer some light sedation and you will go to sleep.

You will be taken to the recovery room following the procedure where you will recover from the anaesthetic. You will be given food and fluids in recovery room.

The actual time of the procedure is about 15-30 minutes. You must provide a contact number for your escort and they MUST be available to collect you within 2.5 hours of your appointment time and be before 5.30pm.

Before you are discharged your doctor will tell you the result of the procedure. The recovery room nurse will give you a discharge information sheet prior to discharge and arrange a follow-up appointment with your doctor if required.

The staff of GastroMedicine & Endoscopy look forward to meeting you and will make every effort to make your stay with us as comfortable and relaxed as possible.