



## Bowel Preparation Instructions for Colonoscopy

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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):** Colonoscopy

**Your procedure is at:** 17 Windsor Avenue, Springvale, Vic 3171

Please ring the Hospital on 9548 5555 **before midday** the business day before to confirm your arrival time.

Please note that your arrival time is NOT your procedure time and there will be a short delay before you are seen.

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 sachets of PICOPREP (15.5g each)**  
**You will need to purchase this from our office or from a pharmacy (no script required)**

Bowel Prep is to start **THE DAY BEFORE** the procedure

**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.

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### If your procedure is in the MORNING:

AM: Have normal breakfast and a small soup at 12.00 midday e.g. clear chicken soup. Then **only clear fluids** after midday.

**NO MORE FOOD FROM THIS POINT**

4PM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOPREP in a glass of water (approx 250ml) and stir until dissolved and drink within 2-3 minutes

This medicine doesn't work by itself, and you need to drink three full glasses of water as well (each glass every 5-10 minutes apart)

6PM: **SECOND DOSE:** Repeat as above. You can drink more water if needed, but do not eat food.

8PM: **THIRD DOSE:** Repeat as above. You can drink water until midnight but do not eat food.

Have **NOTHING** to drink – **NO** water or **ANY** fluids for a minimum of six hours before your procedure time

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### If your procedure is in the AFTERNOON:

AM: Have normal breakfast and light lunch, but then no more food after lunch. **Only clear fluids** to be taken after.

**NO MORE FOOD FROM THIS POINT**

6PM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOPREP in a glass of water (approx 250ml) and stir until dissolved and drink within 2-3 minutes.

This medicine doesn't work by itself, and you need to drink three full glasses of water as well (each glass every 5-10 minutes apart).

8PM: **SECOND DOSE:** Repeat as above. You can drink more water 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 water until 8.00am, or until six hours before your admission time.

Have **NOTHING** to drink – **NO** water or **ANY** fluids for a minimum of six hours before your procedure time



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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 for a minimum of six 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 at Windsor Avenue Day Surgery look forward to meeting you and will make every effort to make your stay with us as comfortable and relaxed as possible.