

# Colonoscopy Patient Preparation

If you have made an appointment with us to undergo a colonoscopy procedure, you will need to follow the prescribed preparation instructions below. Proper patient preparation is very important for the procedure to be successful and safe.

## General Preparation Instructions

The following is a requirement of all endoscopy patients.

### Please arrange for Someone to Collect You after the Test

Due to the use of anaesthetic during your endoscopy procedure, you will experience side effects such as drowsiness and lethargy. You are, therefore, not permitted to drive yourself home or leave the facility alone. Please arrange for a friend or relative to collect you approximately one and a half hours after the procedure.

### What to bring with you

- Completed admission paperwork – this must be **completed the day before and brought on the day**
- Medicare card (*Please inform staff when booking if you have no Medicare card, Interim card or reciprocal card*)
- Private insurance card (if applicable)
- Aged Pensioner card
- Account payment (*We accept MasterCard, Visa or cash and provides EFTPOS facilities to facilitate easy payment of accounts on the day*)
- List of medications
- Reading glasses (if necessary)

### Wear Loose Clothing and Leave Valuables Behind

Please wear light casual clothing and do not bring valuables with you.

### Remove Lipstick and Jewellery

Please do not wear lipstick or jewellery.

### Remain Under Competent Supervision For 12 Hours

For 12 hours after the procedure, you should remain in the care of a responsible adult and not drive or operate machinery.

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## Specific Preparation for Colonoscopy

The following are specific preparation instructions for patients with an appointment for the colonoscopy procedure.

We recommend that you purchase 3 sachets of Picosalax

Picosalax is available from your Local Chemist. These are laxatives to be ingested the day before the test and will cause frequent, loose bowel actions. Please ensure that you only use as directed.

*Note: If you have constipation, contact us at 90444200 for alternative instructions.*

Consult Your Doctor about Current Medication

If you are on **IRON** tablets, these should be **stopped four days** prior to the test.

If you take **WARFARIN, PRADAXA, XARELTO or ELIQUIS** please consult your Doctor.

You must **stop** all other Diabetic tablets the day before and the morning of your procedure. **Bring** your diabetic medication with you to your appointment.

If you take **INSULIN**, please contact your Doctor to adjust dosage.

**If you are Diabetic and take any of the following medications listed below, you must stop those tablets for TWO days prior to your colonoscopy as well as on the morning of the colonoscopy procedure. Please speak to your Doctor/GP/Endocrinologist about an alternative oral hypoglycaemic as required:**

FORXIGA (dapagliflozin) Tablets

XIGDUO XR (dapagliflozin and metformin hydrochloride XR) Tablets

QTERN (dapagliflozin and saxagliptin) Tablets

JARDIANCE (empagliflozin) Tablets

JARDIAMET (empagliflozin and metformin hydrochloride) Tablets

GLYXAMBI (empagliflozin and linagliptin) Tablets

STEGLATRO (ertugliflozin) Tablets

SEGLUROMET (ertugliflozin and metformin hydrochloride) Tablets

STEGLUJAN (ertugliflozin and sitagliptin) Tablets

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## On the day before the test

If you have constipation, contact Direct Endoscopy on 9781 5959 for alternative instructions.

If your appointment is **BEFORE 1:00pm**

You are **not** to consume **any solid foods, milk products or orange juice prior to your procedure.** You may have clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (not red), barley sugar lollies and soft drinks, Hydrolyte drinks,

lemonade icy poles and honey. **AVOID ALL DRINKS THAT ARE RED IN COLOUR.** Avoid alcohol for 24 hours prior to your procedure.

***Alternate your Fluids as above. You must drink a minimum of 3 litres of the above liquids throughout the day***

- At 4pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

(If necessary you may use a barrier cream, such as Vaseline or Bepanthen)

**IMPORTANT! Do not drink anything for 6 hours prior to the test!**

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

If your appointment is **AT OR AFTER 1:00pm**

You can have a light breakfast before 8:00am the day before your procedure (piece of toast with no seeds and a cup of tea). DO NOT CONSUME **ANY solid foods, milk products or orange juice after 8:00am AND for the remainder of the day PRIOR.** You may have clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (not red), barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. **AVOID ALL DRINKS THAT ARE RED IN COLOUR.**

***Alternate your Fluids as above. You must drink a minimum of 3 litres of the above liquids throughout the day***

- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 7am on the morning of your procedure add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

(If necessary you may use a barrier cream, such as Vaseline or Bepanthen)

**IMPORTANT! Do not drink anything for 6 hours prior to the test!**

**You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.**

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## Safety and Risks

Inspections of the bowel rarely result in complications. Most surveys report complications in 1 in 1,000 examinations or less. Complications, which can occur, include an intolerance to the bowel preparation solution or reaction to the sedative used. Perforation (a tear or hole in the bowel) or major bleeding from the bowel is extremely rare but, if occurs, may require surgery.

During operations, such as removal of polyps, there may present a slightly higher risk of perforation or bleeding from the site where the polyp has been removed. Due to the risk of cancer, it is recommended that all polyps found at the time of the colonoscopy be removed. However, it will not be possible to discuss the removal with you at the time of examination, as you will be sedated. If you have any queries or reservations about this, please inform your Doctor. In the unlikely event of haemorrhage occurring, blood transfusions may be necessary.

Please contact us at [prep@gastrodoctor.com.au \(preferred\)](mailto:prep@gastrodoctor.com.au) or 90444200 if you have any queries