

COLONOSCOPY PM

BOWEL PREPARATION SCHEDULE

If you normally suffer from constipation or take laxatives regularly, please contact my rooms so that the preparation can be modified.

YOU NEED TO PURCHASE 3 SACHETS OF PICOPREP LAXATIVE POWDER FROM A CHEMIST AND FOLLOW THE INSTRUCTIONS LISTED HEREUNDER NOT THOSE ON PACKET. (If PICOPREP is unavailable you can purchase either PICOSALAX or PICOLAX)

PREPARATORY CHECK LIST

1. **Patients with underlying cardiac or vascular disease should continue Aspirin, Cartia or Cardiprin.** All other patients should cease Aspirin 1 week before the procedure.
2. Patients on **Plavix/Iscover/Clopidogrel** should cease these drugs 1 week before the examination but please check with your Cardiologist that it is safe to do so **particularly if you have a coronary stent.**
3. Patients on **anticoagulants** (blood thinning agents, eg Warfarin, Xarelto, Apixaban etc) and/or who have **Diabetes** must discuss this with Dr Khoo **IMMEDIATELY** you receive this paperwork.
4. Stop taking iron tablets 1 week before. Cease fish oil supplements 1 week before.
5. Continue with other regular medications.
6. **Ensure no long overseas flights or trips to remote locations for 1 week after procedure (in case polyps removed).**

3 days before the examination STOP taking:-

- **Constipating agents (Panadeine, codeine phosphate, Lomotil, Imodium etc.).**
- **High fibre foods such as bran, beans, nuts, fruit, vegetables, high fibre breads.**
- **Fatty foods.**

This means that your diet will be restricted to white bread, crackers, white rice, spaghetti, noodles, cornflakes, rice bubbles, chicken, fish, potato, eggs, skim milk, honey, jam, vegemite. Soy sauce and plain tomato sauce can be used to flavour foods. It is important to maintain a high fluid intake over this period.

REFER TO ATTACHED SUGGESTED MENU

1 day before the examination:-

- **AFTER 10.30AM FAST FROM ALL SOLIDS.** You must continue to drink clear liquids i.e. water, tea/coffee with skim milk (and sugar if taken), strained fruit juice, clear soup, plain jelly (but not red, green or Agar jelly), cold drinks, cordials. Hard sucking sweets such as barley sugar are allowed.
- At **7pm** approx. dilute the contents of one of the **PICOPREP** sachets in a glass of warm water (about 250ml), leave to cool for 15-20 minutes and then drink it. Follow then with a further 2 full glasses of water and continue drinking clear fluids until you go to bed.

The day of the procedure:-

- At **7am** dilute contents of second **PICOPREP** in a glass of warm water. Stir well and drink. Continue clear fluids.
- 3 hrs before leaving home to go to the hospital on the morning of the procedure add entire contents of 3rd sachet of **PICOPREP** to a glass (approx. 250mls) of warm water. Stir well. Drink gradually but completely. Follow this with 2 glasses of water.
- **Thereafter fast completely. This means NO WATER OR SOLIDS for 3 hours before admission time.**

Picoprep causes diarrhoea so make sure that you are not away from home or in a vehicle when this is taken. If anal pain or irritation occurs, Vaseline may be used. At the conclusion of the preparation bowel motions should be liquid, **slightly yellow in colour and contain no visible sediment.** If this is NOT the case advise nurse on admission.

You should book into the hospital at the time advised. **PLEASE BRING WITH YOU X-RAYS (IF ANY).** Do not wear any jewellery. A hospital gown will be provided so it is not necessary to bring night attire.

P.T.O.

THE ACTUAL COLONOSCOPY

A small needle will be inserted into your arm and sedating agents injected. You may have some awareness during the procedure but most people have no recollection of it afterwards. The procedure takes 15-30 minutes.

The colonoscope (a long flexible tube 13mm in diameter) is introduced into the anus and advanced gently around the whole of the large bowel (colon). Biopsies may be taken of abnormalities. As cancer may arise from polyps (benign wart like growths) it is advisable that if polyps are found they should be removed. Polyps are removed by placing a wire snare around them and applying an electrical current (polypectomy).

SAFETY & RISKS

Colonoscopy performed under light sedation in modern facilities is safe but potential hazards exist. Complications include intolerance of bowel preparation, bleeding from the bowel, a perforation of the bowel wall or a reaction to the sedation. It is the most accurate test of the colon but there is a small risk that an abnormality may not be detected.

Complications of sedation are uncommon and are usually avoided by administering oxygen and monitoring oxygen levels. Potential problems include allergy, depression of respiration or aspiration (inhalation of gastric contents into the lungs).

If polyps are removed this may occasionally (approx. 1 in 500 polyps) result in bleeding or damage to the bowel. If problems occur these are usually identified at the time or immediately after the colonoscopy but very occasionally bleeding from a polypectomy site can occur as a delayed event several days after the procedure. Bleeding or damage usually heals spontaneously but very rarely surgery is required to repair the damaged portion of colon.

Complications may very rarely be life threatening. If you wish to have more detailed information about rare side effects and complications you should indicate to Dr Khoo before the procedure that you wish for these to be fully discussed.

Certain medical conditions pose extra problems. **Artificial heart** valves and abnormal heart valves may become infected and therefore antibiotics should be given. **Anticoagulants and anti-platelet drugs** increase the risk of bleeding particularly if polyps are removed. **Diabetes** drugs should be modified during the preparation to prevent hyperglycemia. Dr Khoo should be informed if you have any cardiac or respiratory condition or any illness requiring regular medication so that the relevant precautions can be taken.

If you have any questions or concerns regarding the reason for colonoscopy, the sedation involved or any associated complications please discuss these with the doctor before the procedure is performed.

FOLLOWING THE COLONOSCOPY

You will be returned to the ward area. You may experience minor discomfort or a feeling of distension but this should soon resolve. You will be given something to eat and Dr Khoo will tell you the findings before you leave. Full recovery from sedation can take 2 to 4 hours.

AS YOU STILL HAVE SEDATIVES IN YOUR BLOODSTREAM YOU MUST NOT DRIVE, USE MACHINERY OR SIGN LEGAL DOCUMENTS UNTIL THE FOLLOWING DAY. IT IS REQUIRED THAT SOMEBODY BE IN THE HOME WITH YOU THE NIGHT AFTER THE PROCEDURE. Usually people are able to resume work the following day.

It is not unusual following the removal of polyps to pass a small quantity of altered blood with the first bowel motion. Should you, however, experience fresh rectal bleeding, severe pain, fever or vomiting please contact the doctor immediately.

It is important that you make a follow up appointment with your referring Doctor unless otherwise advised by Dr Khoo.

SUGGESTED MENU FOR COLONOSCOPY PREPARATION

Skim milk including non-fat soy milk is permitted.

No butter or margarine, olive or vegetable oils to be used on food or in cooking process.

**Yoghurt is a dairy product which is not permitted.
Sugar and honey is permitted.**

Breakfast

- Rice bubbles or cornflakes with skim milk (and sugar if desired)
- Toast with white bread (spread with Vegemite, Promite, honey or seedless jam if desired)
- Tea or coffee (with skim milk and/or sugar if desired)

Snacks

Sao crackers (spread with Vegemite, honey or seedless jam if desired)

Clear Jelly (jelly made from packet and without any added fruit – pineapple, orange, or lemon flavours – DEFINITELY NOT RED OR GREEN)

Lunch or Dinner

- Sandwich made with white bread filled with
Tuna (water or brine NOT oil)
Egg
- Soup (chicken or beef or vegetable broth) Can be from cans or packets
- Scrambled eggs (made with eggs and skim milk)
- Chicken either bought or cooked. Must **NOT** have skin on.
(Chicken breasts can be marinated in soy sauce with a dash of honey and/or sherry
cooked in a non stick pan or baked or grilled)
- White Rice (can be cooked in a chicken stock cube for flavour if desired)
- White spaghetti (NOT WHOLEMEAL VARIETIES)
- Spaghetti in a can with plain tomato sauce
- Potato boiled without skin (can be mashed with skim milk)
- Tuna or salmon (water or brine **NOT** oil)
- Clear jelly (as above)

GENERAL

- Clear fruit juices such as 25% orange and clear apple can be drunk at any time.
- Tea or coffee can be drunk at any time (can have skim milk and sugar if desired)
- Clear jelly can be eaten at any time.
- Tomato sauce and soy sauce can be added to food for flavouring.
- Salt and pepper can be added.
- Soft drinks may be consumed.

REMEMBER DAY BEFORE NO SOLID FOOD SOUP MUST BE STRAINED OF ANY SOLID MATTER eg VEGETABLES OR NOODLES