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For morning procedure

COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

PICOPREP (5 Sachets in green box Orange flavour from pharmacy)

The success of this examination depends on the bowel being as clear as possible, otherwise the examination may need to be repeated.

Stop all iron containing medications, BUT continue with your other regular medication. If you are taking Warfarin, anti-platelet agents, or any blood thinners, these can usually be continued for the test. If you are taking medication for your heart, blood pressure, or asthma you should take this as normal on the morning of your test with a small sip of water.

If you are diabetic and take insulin, you should check with your usual doctor on how to vary your insulin dosage, before you start taking the bowel preparation. If you are diabetic and take tablets for your diabetes, some diabetic medications may need to be stopped 2-3 days prior. Please consult with your diabetic specialist regarding your medications. It is also VERY important that you ask us for the earliest appointment possible on the day of your procedure.

THREE DAYS BEFORE YOUR EXAMINATION

You must go on a low fibre diet and drink plenty of clear fluid from the list below, which informs you what you may or may not eat or drink.

- * Stop Metamucil and constipating agents (eg Imodium, Gastro-Stop, Codeine or Lomotil).
- * No fatty or oily foods.
- * Stop Iron supplements
- * No Alcohol

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ALLOWED:

Bread/Cereals: White bread, crumpets, scones, English muffins, Rice bubbles or cornflakes, white rice, pasta, sago, semolina, white flour and cornflour, plain and savoury biscuits or cakes.

Vegetables: **Ensure vegetables are peeled and well cooked.** Potato, sweet potato, pumpkin, carrot, zucchini, cauliflour and broccoli (florets only), asparagus tips, mushrooms.

Fruit: Pawpaw and melons (no seeds), cherries, seedless grapes, peeled peaches and nectarines, canned fruits except pineapple. Fruit juice no pulp.

Dairy foods: All varieties of milk, plain yoghurt, custard, vanilla fruche, plain and flavoured icecream up until the day before your examination.

Meat/Fish: Chicken and fish without skin, either poached or grilled, Tofu and eggs (poached or boiled).

Miscellaneous: Sugar, honey, Boiled lollies, chocolate without fruit nuts or seeds. Soup made from allowed ingredients and Bonox. Deserts, jelly lime and lemon. Gravy, salt, pepper and dried herbs.

APPROVED CLEAR LIQUIDS:

Water, clear salty fluids (eg strained chicken noodle soup, clear broth or bouillon, Bonox, miso soup). Clear fruit juices (apple or pear) or clear cordials (lemon or lime). Black/Green/Herbal tea or Black coffee and artificial sweeteners are permitted. Clear jelly, carbonated soft drinks, sports drinks, Lucozade - **NO** red or purple colors, A hearty combination of these clear liquids, (including 3-4 cups of clear soups) will give a variation in fluid intake. Sugar or honey is allowed. You may suck barley sugar or equivalent. If the weather is very hot, you can have Hydralyte Icy Poles (available at the pharmacy or supermarket Lemonade flavour only.) This will help with fluid and electrolyte replacement.

TWO DAYS BEFORE EXAMINATION:

Follow low fibre diet and have one sachet of PICOPREP at 7 pm that night.

ONE DAY BEFORE EXAMINATION:

Have a light breakfast and lunch from the allowed foods list. **Nothing to eat after 1pm today.** Have only approved **CLEAR LIQUIDS** (refer to list).from now until 12 midnight. The bowel preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within three hours of taking the first dose. Please remain within easy reach of toilet facilities from 4pm today.

During the day drink at least 1.5 litres (or more if the weather is hot) of **approved clear liquids** in addition to the prepared solutions.

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1st DOSE: (4.00pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) in order to remain hydrated throughout your body.

2nd DOSE: (5.00pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) in order to remain hydrated throughout your body.

3rd DOSE: (6.00 pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely.

4th DOSE: (7 pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) until 12 midnight.

DAY OF EXAMINATION:

Nothing to be taken by mouth after midnight the previous night, (this includes approved clear liquids). Nothing to eat or drink, including water, barley sugar or chewing gum. You may take your regular medications for heart, blood pressure or asthma with a sip of water. You must have someone drive you to and pick you up from your hospital admission. You **MUST NOT** drive, operate machinery or make important decisions for the rest of the day after the procedure, due to the effects of anaesthesia.