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Colonoscopy

Prep Kit C – Patient information

(please read instructions thoroughly before commencing prep)

DISREGARD INSTRUCTIONS ON PREPKIT PACKET – FOLLOW INSTRUCTIONS BELOW:

You need to obtain Prepkit - C from your pharmacy prior to the colonoscopy. This is available without a prescription.

Your colonoscopy is booked for at:

DAY PROCEDURES, SECOND FLOOR
ST VINCENTS PRIVATE HOSPITAL
59 – 61 VICTORIA PARADE, FITZROY
PHONE: 9411 7670

DIET

A low fibre diet (avoiding seeds in particular), 3 – 5 days before your test is recommended for a better result. See “Low residue diet” information sheet.

MEDICATIONS:

- If you are taking IRON TABLETS, these must be stopped 5 days before your colonoscopy.
- If you are on any blood thinning drugs, such as ASPIRIN, WARFARIN, COUMADIN, MAREVAN, APIXABAN, XARELTO, PLAVIX or ISCOVER – usually you will not need to cease these medications but please ring for further instructions.
- If you are DIABETIC please ring 9411 7224 for further instructions.
- If you are taking the oral contraceptive tablets, continue taking these as well as using added protection (condoms) for 10 days following your procedure.

Any other medications may be taken with a small amount of water before 7.30am on the morning of the procedure.

THE DAY BEFORE YOUR PROCEDURE

After a normal breakfast, please consume clear fluids only - (e.g. water, clear lemon cordial, apple juice, black tea and coffee with/without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) **until after your procedure. (i.e. No solid foods to be consumed)** (See next page for further instructions)

IT IS ESSENTIAL THAT YOU CONSUME ADEQUATE CLEAR FLUIDS (At least every ½ hour) DURING THIS DAY TO ENSURE THAT DEHYDRATION DOES NOT OCCUR, AND TO ENSURE THAT THE FOLLOWING PREPARATION WORKS EFFECTIVELY.

How to mix up and drink your prep kit:

Picoprep Add the entire contents of one sachet of Picoprep into a 120 ml glass of water, stir until the powder dissolves and then drink the mixture. Follow with at least 1 litre of clear fluids, preferably water. Frequent bowel movements, often with some cramping will start. The time of this will vary for each person and may not occur until the second sachet is started.
Tip: Mix the picoprep with hot/warm water and drink it slowly over 15 minutes.

Continue drinking clear fluids.

Glycoprep-C The Glycoprep-C solution can be made by adding one litre of water to the contents of the sachet and then refrigerated. (This solution can be prepared at any time during the day). Drink the ONE litre of the Glycoprep-C mixture. Drink one glass of the mixture every 5-10 minutes, over a 1 hour period. By drinking the fluid at this rate the preparation is far more effective. Continue to drink clear fluids.

Tip: Drink the mix through a straw. This will mean that the majority of the liquid will be bypassing the taste buds and will help for those who do not enjoy the taste. Also, make sure the mix is kept cold in the fridge.

Picoprep Take the second sachet of Picoprep in the same way as the first (i.e. stirring one sachet of Picoprep into 120ml of water and drinking when the powder dissolves). Again follow with at least 1 litre of clear fluids. Again use the tips from step 1.

Continue to drink clear fluid as necessary to maintain hydration, until necessary to fast.

NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.

N.B. If you feel nauseated or distended stop taking the prep and wait an hour or so before recommencing. If you vomit contact the hospital you are attending as soon as possible and you may be asked to come into hospital early.

Your bowel motion should have the appearance of urine, and be free of any particles. If you think your motion is 'dirty', or if you are unsure, please telephone the hospital you are attending.

The day before your procedure:

Consume clear fluid ONLY after breakfast

3:00PM: Picoprep sachet 1

4:00PM: Glycoprep-C

5:00PM Picoprep sachet 2

*N.B – If your appointment is in the morning, fast from midnight.

If your appointment is in the afternoon you may drink clear fluids up until 8am on the day of the procedure.

General information:

A colonoscopy is a procedure to inspect the inside of the bowel. In some cases, small pieces of tissue may be sampled (biopsies) for diagnostic purposes. Occasionally, polyps are found during the colonoscopy and they are generally removed during the examination. Intravenous sedation is usually given prior to the procedure.

Safety and risks:

Complications with colonoscopy are uncommon. Most surveys report complications of about 1 in 1000 examinations or less. These usually include intolerance to the bowel preparation or reactions to the sedatives. Perforation (making a hole in the bowel) or major bleeding is rare, but if it occurs it may require surgery. In the unlikely event of major bleeding, a blood transfusion may be required. The risk of these complications is slightly higher if polyps are removed during the procedure.

A number of rare side effects can occur with any endoscopic procedure. Death is a remote possibility with any interventional procedure. If you wish to have full details of rare complications, you should indicate to your doctor before the procedure your desire for these to be discussed.

Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. It will not be possible to discuss the removal of these polyps during the examination, as you will be sedated. If you have any queries or reservations about this, please inform your doctor.

Afterwards:

The sedative you are given for the procedure is very effective in reducing any discomfort. However, it may also affect your memory of the procedure and the events of the next hour or so. When the sedative has worn off, you may find that you are unable to recall details of your discussion with the doctor. A relative or friend, with your permission, may be given information. Alternatively, arrangements will be made for you to contact the doctor the next day to discuss the findings. Because the sedative may interfere with your judgment or ability to concentrate, it is strongly advised not to drive a motorcar, use dangerous machinery or make important decisions for 24 hours after the test. You are required to have a friend or relative take you home from hospital.

After discharge home, if you have any severe abdominal pains, bleeding from the back passage or other symptoms that cause you concern, you should call Dr Ryan on 9411 7224 or call St Vincent's Private Hospital on 9411 7111 and ask them to put you through to her mobile. Alternatively, you can attend your nearest Emergency Department.