

## **BOWEL PREPARATION INSTRUCTIONS**

For your examination to be accurate and effective it is important for your bowel to be completely empty. Please ensure that the following instructions are followed.

**The day before your procedure:** \_\_\_\_\_

You may have a light breakfast on this day and then commence a clear fluid diet (see below for suggestions). It is very important that you drink 3-4 litres of clear fluids on this day.

### **LIST OF SUGGESTED CLEAR FLUIDS**

It is dangerous to drink only water. You may have water but it should not be the only fluid you drink as this can cause electrolyte problems. Some suggestions are black tea or coffee (sugar if desired), Bonox, beef/chicken broth, clear soups (Campbell's consommé), jellies (not red as it stains the bowel), soft drinks, fresh orange juice (pulp free), clear apple juice, Gatorade/Powerade/sport drinks, cordials. You may have barley sugar or chewing gum to keep sugar levels up.

**BOWEL PREPARATION- Picoprep** – do not follow the instructions on the packet, please follow the following instructions.

**At 12 noon** add the entire contents of one packet to a glassful of water (approximately 120mls) and stir. Drink gradually but completely, and then drink at least four glasses of clear fluids over the next four hours. If you feel nauseous, sip very slowly over a half-hour period.

**At 4.00 pm** take the second packet in a glassful of water as above then drink at least four glasses of clear fluids before retiring.

Ensure a toilet is close by because the preparation works differently for each individual. Barrier cream or Vaseline may be applied around the anus to protect the skin during the bowel preparation.

### **ON THE DAY OF YOUR COLONOSCOPY**

Stop drinking clear fluids **FOUR** hours before your appointment time - that means no water, no barley sugars, no chewing gum – **NIL BY MOUTH**

Date of your Colonoscopy \_\_\_\_\_

## **CONFIRMATION OF BOOKING**

**The Hospital will contact you the day prior to your procedure to confirm your booking and you will be given your admission time.**

You will require anaesthesia to have your procedure performed and therefore will be unable to drive for 24 hours afterwards. It is not appropriate to take public transport (this includes taxis and buses) when you leave the unit. It is important that you arrange for a friend or relative to accompany you home and we recommend that you be in the company of an adult until the morning following the procedure.

## **DISCHARGE INSTRUCTIONS**

- It is illegal to drive a vehicle for 24 hours after your procedure.
- You must be accompanied home with a relative or friend.
- You cannot take public transport
- You cannot operate heavy machinery; or
- drink alcohol; or
- sign legal documents.

You may return to a normal diet after your procedure.  
You may resume normal daily activities the following day.

## **POST PROCEDURE INFORMATION**

Should you need any advice following your colonoscopy, please contact Dr Pincott's rooms on ☎9972 9277.

In case of an emergency please present to your closest Hospital Emergency Department or call an ambulance on ☎ 000.

## **HOSPITAL ACCOUNTS**

Please phone your health fund prior to admission to check your POLICY COVERS YOUR ADMISSION TO A Private Hospital for your procedure. You should also confirm if your policy has an excess as this will need to be **paid on admission** directly to the Hospital.

## **ANAESTHETIST ACCOUNTS**

Dr Pincott's staff will advise you how to contact your anaesthetist to discuss their account.

## **PATHOLOGY ACCOUNT**

Biopsies for pathology analysis may be taken. In these circumstances you will receive an account directly from the Pathology, usually Douglas Hanly Moir. You can contact them directly on ☎98555222.