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**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: 00/00/00**

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/Picolax** – do not follow the instructions on the packet, please follow the following instructions.

**At 4pm** add the entire contents of one packet to a glassful of water, juice or ginger ale and stir. Drink gradually but completely over 15 minutes, and then drink 1L of clear fluids. If you feel nauseous, sip very slowly over a half-hour period.

**At 6pm** Repeat the step above

**At 8pm** Repeat the step above

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 COLONOSCOPY: 00/00/00

## **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. If your procedure is on a Monday, they will contact you on the Friday prior.

## **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.

## **DOCTOR'S ACCOUNT**

Dr Pincott and the Anaesthetist will NO GAP your procedure. You will not receive an account, they will bill your health fund directly.

## **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.

## **PATHOLOGY ACCOUNT**

Biopsies for pathology analysis may be taken. In these circumstances you will receive an account directly from the Pathology Practice.