

Bowel Preparation for Colonoscopy (Morning)

It is very important for your bowels to be clean and empty before your colonoscopy. A few days before your colonoscopy procedure you will need to purchase your bowel prep solution from any pharmacy.

You will need to buy 1 box of **PICOSALAX**. The box contains 2 sachets of bowel prep solution, which you will need to consume both.

7 DAYS BEFORE THE PROCEDURE:

1. Make sure you arrange for someone to accompany you home after the procedure. You must not drive or go home alone as you may still feel drowsy after the procedure.
2. If you are taking: **ASPRIN, ANTI- INFLAMMATORY MEDICATION and IRON MEDICATION, PLEASE STOP ONE WEEK BEFORE THE PROCEDURE. BLOOD THINNING MEDICATIONS** such as **WAFARIN or PLAVIX**, need to be discussed with your doctor.
3. If you need to cancel your appointment for whatever reason, please ring the surgery at least one week before your appointment.

2 DAYS BEFORE THE PROCEDURE:

1. **DRINK at least 2 LITRES of WATER throughout the day.**

2. **FOOD NOT TO BE CONSUMED:**

Solid food, Seeds, nuts, whole grains, brown bread, red meat, cereals, yellow cheese and fruit/vegetables.

FOOD YOU CAN HAVE:

Boiled/poached eggs, cottage cheese, low fat plain yoghurt, white bread, steamed white fish, boiled chicken, cooked and peeled pumpkin and potato.

1 DAY BEFORE THE PROCEDURE:

1. Start a **CLEAR LIQUID DIET**.

This means that fluids that are not cloudy. A clear liquid diet may include:

- Apple, white grape juices
- Tea, coffee **WITHOUT** milk.
- Gatorade, Powerade (**NOT** red or purple): Sports drinks are encouraged as they help keep you well hydrated.
- Ginger Ale: helps reduce any nausea which you may experience.

2. Please **AVOID**:

- Juices with pulp
- Milk or milk products

PICO SALAX PREPARATION:

FIRST DOSE: 16:00 pm (afternoon before procedure)

1. Fill a glass with 150ml of cold water.
2. Empty the contents of one sachet into the glass.
3. Stir for 2-3 minutes. If the milky solution becomes warm, allow sufficient time for it to cool before drinking.



4. **MUST drink at least 2 LITRES of WATER or CLEAR LIQUIDS** following each sachet.
A good rule of thumb is to drink a 250ml glass of clear liquid AT REGULAR INTERVALS after each PICOSALAX dose.

SECOND DOSE: 22:00 pm (night before procedure)

1. **REPEAT** the **FIRST DOSE** instruction.
2. **Continue DRINKING** the approved clear fluids (**at least 2 LITRES**).

NOTE: Remain close to a toilet. You will have frequent diarrhoea-type bowel movements.

ON THE DAY OF THE PROCEDURE:

1. Please **DO NOT** eat or drink. **NOT EVEN WATER** at least **4** Hours before procedure. (Otherwise you may be postponed or cancelled.)
2. Wear loose, comfortable clothing – something that is easy to put on/take off. Please **AVOID** applying **LIPSTICK, wearing NAIL POLISH and LONG ACRYLIC NAILS** and also please **DO NOT** bring any **valuables** as we will not be responsible for any items missing.
3. Make sure to **have SOMEONE to accompany you home**. You will **NOT** be allowed to drive home yourself.
4. If you are taking any **diabetic medications**, **DO NOT** take them until after the procedure. You may want to bring those medications on the day so that you can take them right after the procedure.
5. Please let us know if you are **allergic to any medications** or if you have had any reactions to **PROPOFOL** or **MIDAZOLAM**.

AFTER THE PROCEDURE:

1. You will be given instructions on how to care for yourself after your colonoscopy for when you get home.
2. You **MUST HAVE ANOTHER ADULT drive or take you home**, (even if you are to go home by taxi or bus), otherwise your colonoscopy may be cancelled.
3. Since you will be under sedation, you **MUST NOT DRIVE or RIDE on a motorcycle**, **OPERATE** machinery, **MAKE** major or legal decisions or **USE** Public transport **UNACCOMPANIED** for the next 24 hours after the procedure.
4. You may experience bloating after the procedure due to the air being used during the procedure. Burping, walking, lying on your left side, or passing flatus should help relieve this discomfort.

LOCATION MAP OF OUR SURGERY:

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You can access to Our Own Parking Area behind building via Wilfred Lane. Please refer to the map.

