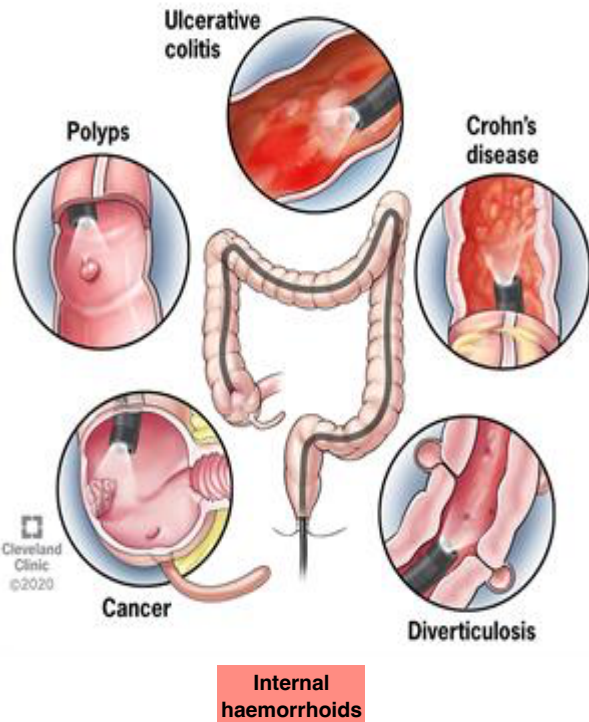
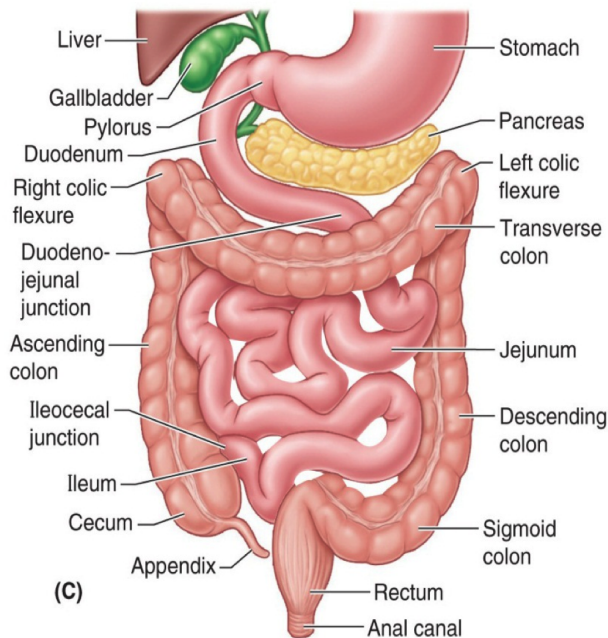
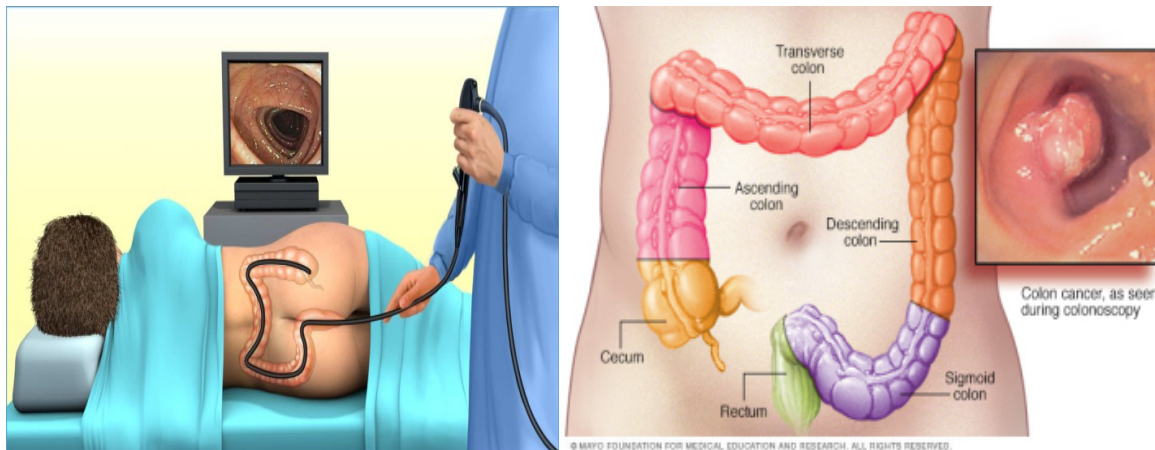


COLONOSCOPY:

Intestine (Bowel) consists of small intestine and large intestine (Colon). Colonoscopy is visual inspection with a telescope of the inner lining of the large bowel i.e. Colon. For this to happen, we require good clean out of the colon.

In this exam, a long fiberoptic tube is inserted through the rectum and into the colon. The fiberoptic scope (endoscope) is a long bundle of enclosed and very flexible fibers. These fibers transmit light to the area examined and send images to the monitor and they can be saved as well. Discomfort is usually minimal. Patients are usually given a drug to help them to sleep (sedative) during the procedure.

This exam helps to detect tumours (cancers), polyps (colonic growths), inflammation (colitis), areas of bleeding (such as Diverticulosis), and other colonic abnormalities. Biopsies can be taken for diagnostic purposes and polyps can be removed as well during colonoscopy.



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PHARMACIST ONLY MEDICINE
KEEP OUT OF REACH OF CHILDREN

PREPKIT ORANGE™

CONTENTS:

1 x Glycoprep Orange® 70 g Sachet

Macrogol 3350	52.9 g
Sodium chloride	2.6 g
Potassium chloride	740 mg
Sodium sulfate	5.6 g

Powder for solution. For oral use.

2 x Picoprep Orange® 20 g Sachets

Sodium picosulfate	10.3 mg
Magnesium carbonate hydrate	7.4 g
Citric acid	12.2 g

Powder for solution. For oral use.

Contains natural orange flavour
and natural sweetener

AUST R 370153

**Bowel
Preparation**



**FRESENIUS
KABI**

COLONOSCOPY INSTRUCTIONS - STANDARD Bowel Preparation

Bowel preparation is needed to ensure optimal views at colonoscopy. It starts first with dietary modifications & then you take laxatives as directed.

BOWEL PREPARATION KIT: You need to buy 1 box of Prep Kit Orange or C (2 sachets of Picoprep and one sachet of Glycoprep C).

Make them in advance and refrigerate if you want to. Please remain within easy reach of toilet facilities after starting bowel prep.

Each sachet of Picoprep should be dissolved in a glass of warm water (approximately 250mL), which can be chilled prior to drinking.

The sachet of Glycoprep C should be dissolved in 1L of warm water. This can be chilled beforehand if preferred. Honey, lemon or lemon cordial can be added.

DIETARY RESTRICTIONS:

Your dietary modification spans over 4 days before colonoscopy.

Low Fibre diet: Four days before your start your colonoscopy, please go on "Low Fibre diet" i.e. avoid foods with grains / seeds, dairy food, and oils (Please refer to the provided information sheet on what to eat and what to avoid).

Clear Fluids: One day before colonoscopy, please go on "Clear fluids" until colonoscopy. Clear fluids include: water, coffee or tea (without milk), clear fruit juice (no pulp), clear soup, (e.g. clear chicken broth), cordial or sports drinks (avoid red/purple colouring), lucozade, plain jelly, barley sugar.

YOUR USUAL MEDICATION MODIFICATIONS:

Medications to stop Stop 7 - 10 days before the procedure: Iron tablets, anti-inflammatories and medications, which stop diarrhoea.

Let us know if you are any blood thinner as advice to it before colonoscopy varies on individual circumstances.

Usual Medications Take your other usual medications the day before the endoscopy procedure and stop all your medications on the day of the procedure unless directed otherwise (See the attached instruction sheet on different medications).

FOR A MORNING COLONOSCOPY (08:30 am)

ONE Day BEFORE the Colonoscopy:

STEP 1: You may have a light low fibre breakfast in the morning but then Only CLEAR FLUIDS are allowed.

It is important that you drink lots of fluids to optimise the views at colonoscopy

STEP 2: 5pm - drink one Picoprep (see instructions above) followed by 6-8 x 250mls of non-carbonated CLEAR FLUIDS (e.g. 3 bottles of Powerade or Gatorade sports drinks) over 3 hours). Don't drink only water).

STEP 3: 8pm - Drink Glycoprep C, a glass every 15 minutes to finish 1L in 1-1.5 hours. If nauseated, slow the rate of intake. After this drink 4 - 6 x 250mls of non-carbonated CLEAR FLUIDS over 3 hours. (e.g. 3 bottles of Powerade or Gatorade sports drinks) over 3 hours.

ON the day of the Colonoscopy:

STEP 4: 4am - Drink 2nd Picoprep followed with 4 - 6 x 250mls of non-carbonated CLEAR FLUIDS over 1 hour.

STEP 5: 5am - Take your usual medications as per provided instruction sheet. You must now remain Nil By Mouth.

Arrive at the scheduled time. Please note that this is not the exact time of the endoscopic procedure

FOR AN AFTERNOON COLONOSCOPY (after 1:00 pm)

ONE day BEFORE the Colonoscopy:

STEP 1: You may have a light low fibre breakfast in the morning but then Only CLEAR FLUIDS are allowed.

It is important that you drink lots of fluids to optimise the views at colonoscopy

STEP 2: 8pm - drink one Picoprep (see instructions above) followed by 6-8 x 250mls of non-carbonated CLEAR FLUIDS (e.g. 3 bottles of Powerade or Gatorade sports drinks) over 3 hours). Don't drink only water).

ON the Day OF the Colonoscopy:

STEP 3: 5am - Drink Glycoprep C, a glass every 15 minutes to finish 1L in 1-1.5 hours. If nauseated, slow the rate of intake. After this drink 4 - 6 x 250mls of non-carbonated CLEAR FLUIDS over 3 hours. (e.g. 3 bottles of Powerade or Gatorade sports drinks) over 3 hours). Don't drink only water).

STEP 4: 8am - Drink 2nd Picoprep followed with 4 - 6 x 250mls of non-carbonated CLEAR FLUIDS over 1 hour.

STEP 5: 9am - Take your usual medications as per provided instruction sheet. You must now remain Nil By Mouth.

Arrive at the scheduled time. Please note that this is not the exact time of the endoscopic procedure

AFTER THE PROCEDURE

Because of the sedative injection you will be given for the procedure:

- You are not allowed to drive, operate machinery or sign any legal document until the following day (ideally 24 hours).
- You should arrange return transport and ensure that a responsible adult stay with you overnight

Why?

For a successful colonoscopy it is very important that the bowel be cleaned well. This will enable the doctor to clearly see the lining of the bowel.

Poor preparation may mean that the procedure will have to be stopped and you will have to repeat the procedure on another day.

What do I need?

Bowel Prep Pack containing:

- 4 Sachets ColonLYTELY

What do I need to do?

Follow a low fibre diet for three days. This reduces the fibre in your bowel, which makes it easier when you start the two day bowel-cleansing regime.

Cease iron tablets/multivitamins 10 days prior to your procedure.

Day 1-3 :: Follow low fibre diet

Day 4 :: Start the bowel preparation

Day 5 :: Day of procedure

The bowel cleansing preparation causes you to have watery bowel motions over a short period of time.

When?

Commence the low fibre diet four days before the day of your scheduled procedure.

4 days before colonoscopy Low fibre diet

Start the low fibre diet. We have provided a list of foods to assist you in this process. Eat the foods from the 'choose' list below.

✓ Breads and cereals

Choose:

Plain white bread/toast, plain muffins, plain bread rolls, crumpets, plain croissants, refined breakfast cereals: semolina, Cornflakes, Rice Bubbles etc, plain cakes and biscuits, plain pancakes/pikelets, white rice, white pasta, couscous, polenta, pita bread, bagels.

✗ Avoid:

Wholemeal/brown/rye bread, multi-grain bread and muffins, wholegrain cereals e.g. bran, Weetbix, Vita Brits, cakes and biscuits containing nuts and dried fruit, brown rice and pasta, unprocessed bran, rolled oats, porridge, muesli, brown crumpets, muffins with fruit, wholemeal flour and oatmeal.

Fruit and vegetables

You will need to remove the skins and seeds from these fruit and vegetables.

✓ Choose:

Potato without skin, pumpkin without skin, marrow/squash, choko, avocado, mushrooms,ripe banana, apple with no skin, peach with no skin, pears, pawpaw, rockmelon, watermelon, canned peaches, apples, apricots and pears.

✗ Avoid:

All other fruit and vegetables, including salad vegetables.

Meat and other protein foods

✓ Choose:

Beef, veal, lamb, eggs, pork, poultry, fish and shellfish.

✗ Avoid:

Baked beans, casseroles, lentils, legumes, rissoles, stir-fry meals, nuts and seeds, pizza.

Drinks

✓ Choose:

Water, tea, coffee, plain milk drinks, soft drinks, cordial, strained fruit juices, clear soups, milo or ovaltine, white wine.

✗ Avoid:

Unstrained fruit juices, red and green coloured drinks.

Other foods

✓ Choose:

Plain lollies, clear jellies (not red), sugar, chocolate, honey, jelly strained jams, vegemite.

✗ Avoid:

Jams with skins and seeds, peanut paste/butter, dried fruits/nuts, marmalade.



Note: Please increase water intake during this period.

Four days before colonoscopy, you need to be on "low fibre diet"

Food group	Allowed	Not allowed
Breads and cereals	<p>Any product made with white flour ONLY: Breads, sourdough breads, English muffins crumpets, wraps, rolls, bagels, croissant, rice and wheat crackers, plain biscuits, cakes, pancakes, pikelets, pretzels</p> <p>Any refined grain: white rice, instant noodles, pasta, processed cereals (rice bubbles, cornflakes, semolina), pappadums.</p>	<p>Any product containing wholemeal (brown), multigrain, wholegrain, rye flours, oats, bran seeds, nuts, nut meal, fruit and coconut breads, naan or roti or specialty breads with seeds on top, muesli bars, fruit breads, pastries etc.</p> <p>Any whole grain product: brown rice, wild rice, couscous, polenta quinoa, chia, bran and oats.</p>
Fruit Limit to 1 cup per day	<p>NO SKINS OR SEEDS Stewed or canned apple, canned pears and peaches, pawpaw, rockmelon, watermelon. Strained (without pulp) fruit juice.</p>	<p>Fruits with skin and seeds. All dried fruit and nuts.</p>
Vegetables Limit to 1 cup boiled or steamed vegetables per day	<p>NO SKINS OR SEEDS Potato, pumpkin, button mushrooms, cauliflower tips, lettuce, marrow, zucchini, squash, choko and asparagus tips.</p>	<p>All other vegetables including salad vegetables.</p>
Dairy products	<p>MILK: Dairy, soy, almond, powdered or evaporated milk.</p> <p>YOGHURT: Plain, vanilla or non-fruit flavoured.</p> <p>Cheese. Butter, margarine & cream. Vanilla ice cream, custard / rice pudding and condensed milk.</p>	<p>Dairy foods with added ingredients such as fruit, herbs peppercorns, nuts, oats.</p> <p>Oat milk.</p>
Meat and Protein foods	<p>Plain beef, lamb, veal, pork, chicken, fish, shellfish and eggs.</p>	<p>Hamburger mince, lasagne, bolognaise sauces, savoury mince or any meat dishes which have vegetables or fillers.</p> <p>Legumes: e.g. lentils, kidney beans, chickpeas or barlotti, baked beans or any other legumes. Tofu.</p>
Beverages	<p>Water, tea, herbal teas, and coffee Soft drinks, cordials and sports drinks Clear broths and strained soups Plain milk, Ovaltine and Nesquik / Breaka drinks</p>	<p>Unstrained fruit juices i.e. fruit juices with pulp. Coconut water (many contain added fibre) Milo NO RED, PURPLE, GREEN or BLUE COLOURED DRINKS OR JELLY</p>
Other	<p>Sugar, honey, and Vegemite Plain ice blocks, plain lollies, plain chocolate</p>	<p>Pies, quiches, spices, curry, pastry foods, jams, marmalade, peanut butter, dried fruit and nuts, pickles, popcorn, potato chips, seeds, chocolate with fruit, coconut or nuts.</p>

ONE DAY BEFORE COLONOSCOPY, GO ON FREE ORAL FLUIDS AND ALSO TAKE STRONG PURGATIVES AS MENTIONED ON PAGE 1:

ALLOWED	NOT ALLOWED
<ul style="list-style-type: none">• Water • Black tea or Coffee (No milk)• Herbal tea (provided not red / purple / blue / green) • Clear broth or Bonox/stock cube in warm water (strained) • Strained apple juice (no pulp/not cloudy) • Soda water• Ginger beer/ale and lemonade• Cordial - lemon/orange• Sports drink - yellow/orange• Electrolyte replacements - yellow/lemon (e.g. hydrolyte)• Jelly (provided not red /purple / blue / green)	<ul style="list-style-type: none">• Avoid SOLIDS FOODS AND ANY FLUID WITH RED, PURPLE, BLUE AND GREEN COLOUR AS THESE WOULD STAIN THE BOWEL. • Milk drinks including tea and coffee • Cloudy fluids and Solids food • Fluids that have floating solids or sediments. • No alcohol of any kind.

MEDICATIONS TO STOP:

- These medications must be stopped 7 - 10 days prior to colonoscopy:
 - Iron tablets,
 - anti-inflammatories (Ibuprofen, Voltaren, Naprosyn, Indocid etc), and
 - drugs which stop diarrhoea.
- You must stop arthritis medications three day before your procedure.
- Blood thinning medication: Please advise if you are on any blood thinning medication: For example, using:
 - Aspirin, Clopidogrel (Plavix),
 - Apixaban (Eliquis®), Rivaroxiban (Xeralto®), Dabigatran (Pradaxa®),
 - Warfarin or Enoxaparin / Heparin injections.
- Ceasing and re-commencing these is individually based. Follow specific instructions as advised.

HOW TO TAKE USUAL MEDICATIONS:

Take your other usual medications the day before the endoscopy procedure and stop all your medications on the day of the procedure unless directed otherwise as below:

- Anti-convulsant/ anti-arrhythmic/Parkinson's disease medication: take as usual on day of procedure with a sip of water
- Blood pressure tablets which do not contain a diuretic (water pill): do not take them on the day of your procedure.
- Diuretics: Stop taking your "water pills" or blood pressure medications that contain a diuretic the day before your exam, and do not take any the day of your exam.
- Contraceptive pill: May be less effective during preparation for endoscopy.
- Diabetic medications: Check your blood sugar level regularly a day before and on the day of the procedure:

Procedure	Day before the procedure	Day of the procedure
Gastroscopy, on diabetic tablet(s) or insulin	Take your tablet(s) or insulin as usual.	Do not take tablet(s) or insulin until after you have had a meal following the procedure.
Colonoscopy, on diabetic tablets	Take your just usual morning tablet(s) and no other diabetic tablet (s) that day.	Do not take diabetic tablet(s) until after you have had a meal following the procedure.
Colonoscopy, on insulin (without or without tablets)	Take half of your usual insulin dose during the day. If on tablet (s) as well, take just your usual morning dose, and no other diabetic tablet(s) that day.	Do not take insulin or diabetic tablet(s) before your procedure. Commence your usual dose of insulin after you have had a meal following the procedure.