

MORNING COLONOSCOPY PREPARATION

Why is Preparation Important?

It is important that your bowel is completely clear prior to undergoing a colonoscopy. A small abnormality may not be detected if your bowel is not completely clear. Once you complete the preparation described below, you should be passing clear to yellow coloured liquid diarrhoea.

If your bowel actions remain brown or cloudy, please contact us on **9368 2333** for advice.

If you are also having a **Gastroscopy** as part of the booked procedure, there is **no additional** preparation required. Please follow the steps outline below and fast from 5am on the day of the procedure.

The Day Before your Procedure

You need to begin your preparation on the day **before** your procedure. You **must not eat any solid foods** and you can **only drink clear fluids** (see list of suggested options overleaf). Follow the instructions below carefully and please contact us if you are unsure or have any questions about the preparation on **9368 2333**.

Note: You can prepare the Pico Prep sachets the night before and place in the fridge to chill as this improves its palatability. You can also add cordial to the mixture (no red or blackcurrant) if you prefer.

Step 1		Take all 3 Dulcolax® tablets at 7am
Step 2		Dissolve 1 sachet of Pico Prep in 250mL of warm water. Stir well, then place in the fridge to chill.
Step 3		At 8am , drink the 250mL of the Pico Prep mixture. You should drink this over 1- 2 minutes followed by 3 glasses of water. Prepare the second sachet of Pico Prep as outlined in Step 2. Make sure you drink at least 1 glass of clear fluids every hour.
Step 4		At 12 noon , drink the second 250mL of Pico Prep, following the steps outlined above in Step 3. Continue to drink clear fluids. At 4pm , dissolve the third sachet of Pico Prep in 250mL of warm water and then place in the fridge to chill.
Step 5		At 6pm , drink the third Pico Prep mixture. Continue to drink clear fluids until bedtime.

Note! NO FOOD AFTER MIDNIGHT. YOU CAN DRINK CLEAR FLUIDS UNTIL 5am on the morning of your procedure

What you will need to begin the Preparation:

Please purchase from your local Pharmacy:

- 3 Dulcolax® tablets
- 3 sachets of Pico Prep®

A prescription is **Not** required for these.

You may find that applying Vaseline or nappy rash cream around the anus

What if I feel nauseated or unwell?

If you experience nausea whilst taking the preparations, continue to sip clear fluids slowly and delay the next glass of Pico Prep for 2 –3 hours until the nausea passes.

If the nausea persists or you start to vomit which prevents you from completing the preparation, please contact South Perth Hospital Endoscopy Unit on **9368 2333** for advice.

The preparation may also make you feel bloated or cause abdominal cramps. A heat/hot pack or simple analgesia such as paracetamol may provide some relief. Please contact South Perth Hospital Endoscopy Unit on **9368 2333** for advice if these symptoms prevent you from continuing with the preparation.

What should I bring with me on the day of the procedure?

You should wear loose fitting 2 piece clothing (shirt & trousers/skirt) as this will be more comfortable for you after the procedure.

You must also remember to bring:

- All relevant X-rays
- Your Medicare card
- If you have one, your private Health insurance card or DVA card (if applicable)

Please leave all valuables at home.

You must also **NOT bring or wear any jewellery.**

Recommended Clear Fluids

It is important that you remain well hydrated while taking the preparations. Listed below are some fluids which are suitable to drink whilst preparing for your colonoscopy.

- Water
- Soda water
- Mineral water
- Black tea or coffee
- Bonox®
- Lemonade
- Ginger ale
- Apple juice
- Lemon cordial
- Gatorade® or Powerade® - yellow or orange only (no red or blue colourings)
- Beef or chicken consommé
- Jelly (not red)

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