

Instructions for BOWEL PREPARATION with PICOPREP (Morning procedure)

Please read carefully before the procedure

Please follow instructions carefully. The procedure cannot be done if your bowel is not clean. Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.

PicoPrep produces watery stools which will become clear with no solid matter.

It is advisable to remain near a toilet and apply Vaseline around anus before & after each stool.

MEDICATION:

- **DIABETICS** if possible, PLEASE check your sugar levels the evening and morning; omit medication the morning of the procedure.
- **WARFARIN**– stop 4 days prior to procedure. If unsure whether you are allowed to stop medication, please check with your physician or cardiologist and have an INR check the morning of your procedure,
- **IRON TABLETS** must be stopped **one week** prior to the procedure.
- ALL ROUTINE MEDICATION CAN BE TAKEN.

ONE day before the procedure:

At 09h00 have a light breakfast of toast, boiled/poached egg and tea or coffee. Thereafter only approved clear liquids

Approved clear liquids: Water, black tea or coffee, clear fruit juice ie apple, litchie, grape, Bovril drinks, Clear chicken broth, Energy drinks (Energade, Game) Rehydrate and yellow or green jelly. No Oros, red or purple drinks or red wine allowed.

No solid foods or dairy products allowed.

Drink only approved clear liquids for lunch and supper

PREPARATION - 3 SACHETS PICOPREP

At 11h00: Drink a glass of water or clear fluids

At 12h00: Drink a glass of water or clear fluids

At 13h00: Dissolve one sachet Picoprep in 250ml hot water and stir until clear.

Chill with ice cubes and drink followed by a glass of water

At 14h00: Drink a glass of water or clear fluids

At 15h00: Drink a glass of water or clear fluids

At 16h00: Dissolve 2nd sachet Picoprep as before and drink followed by a glass of water

At 17h00 Drink a glass of water or clear fluids

At 18h00 Drink a glass of water or clear fluids

At 19h00 Dissolve 3rd sachet Picoprep as before and drink followed by a glass of water

At 20h00 Drink a glass of water or clear fluids

Drink only clear liquids until bedtime

Stop intake of fluids 6 hours before the procedure

When thirsty, Small sips of water may be taken until 4 hours before the procedure

You are not allowed to drive after the procedure. Please arrange for someone to drive you home.

Colonoscopy Overview and Additional Procedure Information

Please read prior to the procedure

What is a Colonoscopy?

A colonoscopy is a day-case procedure in which the inside of the large intestine (colon and rectum) is examined.

A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, or changes in bowel habit. Colonoscopy is also advised in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone aged 50 years or older, and persons with a family history of colon polyps or cancer should be screened at an age 10 years younger than it was diagnosed in the family member.

What Happens Before a Colonoscopy?

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the inside of the colon. It is very important that you read and follow all the instructions for your bowel preparation well before the procedure.

Without proper preparation, the colonoscopy will not be successful and may have to be repeated. You may experience some irritation of the skin around the anus due to passage of liquid stools.

This can be eased by:

Applying a thin layer of Vaseline around the anus before drinking the PicoPrep, and after each bowel movement

Wiping with cotton wool soaked in warm water, rather than using toilet paper.

Non-scented disposable wet wipes can also be used. Dry by dabbing with a soft towel or cloth.

Sit in a bath filled with warm water, dab dry with a towel and apply Vaseline.

What Happens During a Colonoscopy?

The doctor will insert a long flexible instrument into the rectum and will advance to the caecum (beginning of the colon). If necessary pieces of tissue (biopsy) can be removed for testing, and polyps can be identified and removed. The colonoscopy may allow accurate diagnosis and treatment of colorectal problems, without the need for a major operation. The colonoscope is disinfected every procedure.

You will have an intravenous line inserted (a "drip") and will be lying on your left side. A sedative and a pain-relieving drug will be administered to make you more relaxed during the procedure. Your vital signs are monitored, and you will be breathing oxygen to maintain a normal blood oxygen concentration.

The procedure lasts between 20 and 40 minutes on average, and you will be allowed to rest until fully awake. You may feel slightly bloated and uncomfortable after the procedure, due to air inserted into your colon to improve visualization.

What Happens After a Colonoscopy?

You will remain in a recovery room for observation until you are ready for discharge.

You may feel some cramping or a sensation of having gas, but this soon passes.

A responsible adult must drive you home. Avoid driving and operating machinery for 24 hours.

Avoid alcohol and take a course of QuatroFlora capsules to restore intestinal flora.

Unless otherwise directed you may resume your normal diet after the colonoscopy.

Wait until the day after the procedure before resuming normal activities e.g. exercise.

If polyps were removed or biopsies taken, avoid using aspirin and anti-inflammatory drugs for 2 weeks.

Paracetamol e.g. Panado, Dolorol etc. may be used. If you are on anti-coagulants e.g. Warfarin or Plavix, your physician will advise when it is safe for you to restart the medication.

If a biopsy was taken or a polyp removed, mild rectal bleeding may be noted for 1-2 days after the procedure. If heavier bleeding is encountered e.g. clots of blood, or if you have severe abdominal pain, this must be reported immediately. If you are unable to contact the physician, report to the emergency department of the clinic or hospital where the procedure was performed.