



PREPARING FOR YOUR COLONOSCOPY

Your doctor will request a colonoscopy when it is suspected that something is wrong with your bowel, if you have a family history of bowel cancer or polyps, or for routine bowel screening.

This procedure should not be performed if there is any possibility of pregnancy.

It is **VERY** important that your bowel is thoroughly cleaned for a successful colonoscopy in order to see the bowel lining clearly.

The following information is a guide only of what to do and expect when preparing for a colonoscopy. Individual times need to be discussed with the patient regarding when to start and stop taking the solutions.

This form is to be used as a guide only for how to prepare your bowel for a colonoscopy.

MEDICATION:

CEASE bran and iron tablets five (5) days before examination

CONTINUE all other medication until the day of appointment unless instructed otherwise.

DIET:

To reduce the amount of food residue in the large intestine, follow the 'Low Residue Diet' (see back page) for three days before examination.

ON THE DAY BEFORE YOUR COLONOSCOPY

The nursing staff will advise the patient when to commence taking the preparation solution.

To make up the 'magnesium citrate' solution:

Place 1 inch (2.5 cms) of hot water in a tall glass. Add the contents of the sachet, wait until the effervescence settles, then fill the glass with cold water and place in refrigerator.

To make up the 'glycoprep' solution:

Measure 3 litres of water into a large container, add glycoprep powder, stir well. Keep at room temperature.

The patient will be advised when to stop eating solid foods and when to commence drinking the 3 litres of glycoprep solution.

Drink at the rate of 1 glass every 5 -10 minutes. By drinking the solution at this rate, the preparation is far more effective. This will produce a large volume of watery diarrhoea. Apply some protective cream (e.g. Vaseline, lanolin, papaw ointment, amolin) to your bottom before the diarrhoea starts and after each time your bowels open, to reduce irritation,

Sucking a peppermint between glasses of solution may help to disguise the taste. Schweppes lime juice cordial may be added to the solution to make it more palatable.

Expected Result: By the time you have finished the 3 litres, your bowel motions should have the appearance of urine or coloured water, and be free of any solid matter. Occasionally, a number of white flecks are present.

Discomforts:

- You may feel somewhat weak and drained.
- The diarrhoea caused by the preparation may increase haemorrhoidal discomfort and swelling. If haemorrhoids become particularly uncomfortable, a warm salt bath may help.
- Many people feel cold and shivery after drinking the preparation, particularly in cooler weather. It is advisable to wear warm clothing.
- Abdominal bloating is common. Walking helps. The application of a hot pack to the abdomen will ease discomfort.

Problems: The preparation is usually well tolerated. However, if problems arise there are a few simple measures to follow:

1. **Nausea and vomiting.** The bowel **must** be clear in order to do a colonoscopy. If there is significant nausea, stop drinking for half an hour. Walk around. Have a hot drink. If vomiting persists, stop drinking.
2. **Bloating and pain.** If bloating becomes severe and painful, stop drinking. Often after half an hour or so, there will be fairly marked diarrhoea and the problem will resolve. You may then continue drinking the solution.
3. **Failure to have a bowel motion.** Should no bowel motion occur after taking 1.5 litres of solution, cease drinking for half an hour and have a hot drink. If you have no pain or bloating, continue drinking.

IF PAIN AND BLOATING PERSIST, AND DIARRHOEA FAILS TO COMMENCE, STOP

DRINKING AND CONTACT Dr

DAY OF PROCEDURE:

No food, fluids or smoking from a time indicated by the nursing staff. You may drink water up to 4 hours prior to your scheduled appointment.




What to wear: Warm, loose, comfortable clothing, or night clothes.


What to bring: Hospital documents, reading material, medications if applicable, health insurance details, pension/health cards if applicable and cheque book or credit card.

It is essential that you provide the name and telephone number of the responsible adult who will take you home after the procedure. The procedure will take approximately 30 minutes. You should expect to be at the endoscopy centre for 3 to 4 hours.

You must not work, drive a vehicle, operate heavy machinery or sign legal documents, until the next day following the intravenous sedation.

LOW RESIDUE DIET

FOOD GROUPS	FOODS ALLOWED	FOODS <u>NOT</u> ALLOWED
<p>BREAD / CEREAL</p> 	<p>White bread, white rice, white pasta with oil or cream sauce. Refined breakfast cereals (e.g. Cornflakes, Special K, Rice Bubbles)</p> <p>White flour, plain biscuits (made with white flour & allowed ingredients), plain rice cakes and crackers.</p>	<p>Wholemeal, multi-grain, rye bread or white bread with added bran. Brown rice, wholemeal pasta with "chunky" sauce.</p> <p>Wholegrain breakfast cereals (e.g. muesli, Rolled oats, porridge, All bran.)</p> <p>Wholemeal flour. Biscuits, cakes & crackers made on wholemeal flour or containing fruit & nuts.</p>
<p>FRUIT</p> 	<p>AVOID SKIN & SEEDS</p> <p>Honeydew, rockmelon, watermelon, grapes, peaches, pineapple, pawpaw, apple, apricots, ripe bananas.</p> <p>Tinned/stewed apples, peaches and pears.</p>	<p>All other fruit. Dried fruit.</p>
<p>VEGETABLES</p> 	<p>AVOID SKINS & SEEDS</p> <p>Potato, carrot, choko, marrow, squash, pumpkin, onion, asparagus tips, cauliflower tips, cucumber, tomato</p>	<p>All other vegetables</p>

MEAT / FISH / EGGS	All meat, fish & poultry. Eggs	
MILK / DAIRY	Milk, cream, butter, cheese, plain yoghurt	Fruit yoghurt
OILS / NUTS	Margarine, oil.	Nuts & nut products.
MISCELLANEOUS 	Most soft drinks & cordials, tea, coffee, alcohol in moderation, lollies, plain chocolate, toffees, sugar, vegemite, honey, salt, pepper, herbs & spices.	Drinks which have RED or PURPLE FOOD COLOURING . Fruit and/or nut chocolate, marzipan, marmalade, jams, fruit mince pies, popcorn.