



# Springvale Endoscopy Centre and Day Hospital

20 Balmoral Avenue, Springvale VIC 3171

Phone: 03 9548 0600 Fax: 03 9548 0919

## Colonoscopy Preparation Instructions

**Appointment Date:** .....

**Time:** .....

**Fee:** .....

Please arrive 30 minutes before your appointment time.  
If unable to attend, please advise the Springvale  
Endoscopy Centre 72 hours prior to appointment

### On the day of your procedure, please bring:

- Referral from doctor and all Medications taken
- Medicare card
- Private Health Insurance card (where applicable)
- Pension Card or Health Care Card (where applicable)
- Estimate of Fees & Valuables Consent form (Please sign)
- Patient Admission Form (please complete Page 1 & 2)

### Please note:

**If polyps are removed during procedure an additional fee is payable following procedure.**

Please wear loose comfortable clothes e.g. tracksuit. Ladies please avoid wearing pantyhose.

Because of the sedative injection you will be given for the procedure **you are NOT to drive or operate machinery until the following day.**

**YOU MUST HAVE SOMEONE TO DRIVE YOU HOME. You cannot take public transport.**

### MEDICATIONS:

If you are on **blood thinning medications** such as **Warfarin/Iscover/Plavix/Pradaxa** you should contact your Doctor and the Springvale Endoscopy Centre to discuss whether these tablets can be safely stopped before your procedure(s). **You may need to have a consultation with the proceduralist doctor before the procedure can be performed.**

If you are **Diabetic**, please advise the centre of the exact medications or **Insulin** you are currently on. You may need a consultation with the anaesthetist doctor prior to the procedure.

If you are taking **Iron tablets/Fish oil** stop these seven (7) days before your colonoscopy.

The colon must be completely clean for the examination to be successful. Inadequate cleaning of the bowel may result in the procedure having to be repeated, so please follow the instructions carefully.

We recommend the use of **PREPKIT C** kit to prepare the bowel for colonoscopy. You can purchase this from your pharmacy or at the Springvale Endoscopy Centre.

The kit contains **2 PICOPREP** sachets and **1 GLYCO- PREP C** sachet.

The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours of the first dose, and you may also experience intermittent abdominal cramps.

### **3 DAYS PRIOR TO THE PROCEDURE:**

Start to consume a low fibre diet and have plenty of fluids (at least 2 litres per day) up until the day before your procedure. Stop eating brown bread, cereals, fruits, vegetables and anything containing seeds. We also recommend that you avoid cheese.

**You may eat:** Eggs, steamed white fish, boiled chicken, low fat plain yoghurt, white bread, white pasta, white rice, jelly (lemon, lime or orange), skim milk, well cooked and peeled pumpkin and potato.

**Please turn over**



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### Preparation Instructions: **MORNING Appointment**

#### Day Before the Procedure:

**You can have a light breakfast before 08:00 AM ONLY.**  
(ie poached egg, white bread, porridge).  
Avoid cereal for breakfast.

**You must stop eating solid foods after 8:00 AM.**

After this you may have as much of the **approved clear fluids**  
(listed below)

Please make up the sachet of **GLYCO PREP C** with 1 litre of water and refrigerate it.

#### **3:00 PM – The First Dose of PICOPREP**

Empty the entire contents of **1 sachet of PICOPREP** into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with **one (1) litre** of approved clear fluids (at least 1 glass per hour) to avoid dehydration.

#### **6:00 PM – GLYCO PREP C**

Remove the **GLYCO-PREP C** from the refrigerator and drink one glass of the preparation every 15 minutes. You should consume the entire 1 litre of the GLYCO-PREP C solution **in one hour**.

If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

#### **9:00 PM – The Second Dose of PICOPREP**

Empty the entire contents of **1 sachet of PICOPREP** into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with at least **one (1) litre** of approved clear fluids to avoid dehydration.

**You must stop drinking fluids at least six (6) hours before your appointment time.**

### Preparation Instructions: **AFTERNOON Appointment (After 1:00 PM)**

#### Day Before the Procedure:

**You can have a light breakfast (7:00 AM) and light lunch before 12:00 PM ONLY.** (ie poached egg, white bread, porridge).  
Avoid cereal for breakfast.

**You must stop eating solid foods after 12:00 PM.**

After this you may have as much of the **approved clear fluids**  
(listed below)

Please make up the sachet of **GLYCO PREP C** with 1 litre of water and refrigerate it.

#### **6:00 PM – The First Dose of PICOPREP**

Empty the entire contents of **1 sachet of PICOPREP** into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with **one (1) litre** of approved clear fluids (at least 1 glass per hour) to avoid dehydration.

#### **9:00 PM – GLYCO PREP C**

Remove the **GLYCO-PREP C** from the refrigerator and drink one glass of the preparation every 15 minutes. You should consume the entire 1 litre of the GLYCO-PREP C solution **in one hour**.

If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

#### Day of the Procedure:

#### **6:00 AM – The Second Dose of PICOPREP**

Empty the entire contents of **1 sachet of PICOPREP** into a glass (250mls) of warm water and stir until dissolved. You may chill this for half an hour if preferred. Drink the mixture slowly but completely. Follow this with at least **one (1) litre** of approved clear fluids to avoid dehydration.

**You must stop drinking fluids at least six (6) hours before your appointment time. Take your normal medications except diabetic medication with water before 7:00AM.**

**NO CANDY, NO CHEWING GUM AND NO SMOKING ON THE DAY OF PROCEDURE**

**You must have a suitable adult escort you home and they need to stay with you for at least 24 hours. Travelling alone by taxi is not advisable. Your procedure may be cancelled if this criteria is not met.**

**Approved clear fluids** (no dairy eg. milk) include:

- Water, black tea and black coffee
- Strained fruit juices without the pulp (apple or pear juice)
- Clear soups such as broth and Bonox
- Jelly (lemon, lime or orange), Cordial (lemon, lime or orange)
- Carbonated soft drinks (lemonade, lemon squash, ginger ale, mineral water)