

**Mr Ramez Bassari FRACS ANZGOSA MBChB BHB**

Bariatric, Upper GI, General & Laparoscopic Surgery. Endoscopist

**Name:** \_\_\_\_\_

**You are booked for:**  Colonoscopy  Gastroscopy and Colonoscopy

**Date:** \_\_\_\_\_ **Day:** \_\_\_\_\_ **Time:** Phone hospital

**Important:** Phone Seymour Hospital, **Patient Services on 5793 6100** the day prior to your procedure, after 2 pm for your admission time to Seymour Hospital, 1 Bretonneux St, Seymour

---

**Bowel preparation for Colonoscopy:**

**You will need to purchase a bowel cleansing preparation kit from a Chemist/Pharmacy** (a prescription is not required).

**'PrepKit – C' this contains – 2 Picoprep sachets and 1 Glycoprep 70 gm sachet.**

From 2 days before your colonoscopy: Do not have any seeds, nuts, grains.

**Day before your colonoscopy:**

In the morning mix the **Glycoprep packet into 1 litre of water** and refrigerate until required.

You may eat a light breakfast and a light lunch (i.e., stewed fruit, poached egg, clear soup, white bread...). **After lunch, NO more food is to be eaten**, you may only have **CLEAR FLUIDS** i.e., water, clear fruit juice, plain jelly, tea/coffee without milk, cordial, soft drinks and clear soup/broth, no red/purple colourings, up until 7 am on the day of your procedure.

**First dose at 3 PM:**

Mix 1 sachet of **Picoprep in a glass of water (250 ml)** and stir until dissolved. Drink it slowly over 15 minutes, which is followed by at least 1 glass of clear fluids per hour.

The bowel preparation will induce diarrhoea, which may take up to 6 hours.

**Second dose at 6 PM:**

Drink 1 litre of chilled **Glycoprep** solution over 1 hour. If you feel nauseated whilst drinking the Glycoprep, slow down the rate of intake. At 7 pm, drink at least 2 glasses of clear fluids.

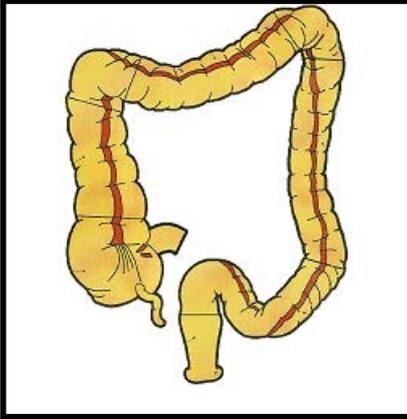
**Third dose at 9 PM:**

Mix 1 sachet of **Picoprep in a glass of water (250 ml)** and stir until dissolved. Drink it slowly over 15 minutes, which is to be followed by at least 1 glass of clear fluids per hour until you go to bed.

Alternatively, if you can't be home by 3pm to start your bowel preparation: Take first dose at 5 pm. Second dose at 7 pm. Third dose at 9 pm.

**Important:** If your procedure is in the **morning**, you should not have anything to eat or drink from midnight the night before your procedure. If your procedure is in the **afternoon**, you should not have anything more to drink after 7am on the day of your procedure.

## Colonoscopy



### What is a colonoscopy?

Colonoscopy involves the use of a flexible tube with a camera to examine the large intestine. This is performed as a day case procedure under sedation. Just before the test you will be given sedation by injection into a vein and you will be sleepy during and half an hour after the test. Colonoscopy is a well-tolerated and safe procedure, however you might feel mild pressure, bloating or cramping during the test. Colonoscopy usually takes about 20 minutes, but may take up to an hour in some patients.

### What preparation is required?

The day before the procedure you need to take a special preparation to clean out the bowel. The colon must be completely clean for the procedure to be accurate and complete. The bowel preparation will induce diarrhoea for a short period of time. You should stop iron tablets for 5 days before the procedure. Alert your doctor if you require antibiotics prior to dental procedures, because you might need antibiotics before a colonoscopy as well. **If you are diabetic, pregnant or take blood thinning medications** such as; Warfarin, Aspirin, Clopidogrel, Plavix, Xarelto discuss this with us before the procedure.

### What if the colonoscopy shows something abnormal?

If your doctor thinks an area needs further evaluation, he or she might pass an instrument through the colonoscope to obtain a biopsy (a sample of the colon lining) to be analysed. Biopsies are used to identify many conditions. Your doctor might also find polyps during colonoscopy, and he or she will most likely remove them during the examination. These procedures don't usually cause any pain. Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous), but they can be malignant (cancerous). Removed polyps will be analysed by a pathologist and further treatment and follow-up may be required.

### What are the possible complications of colonoscopy?

Complications with colonoscopy are uncommon. Some patients may not tolerate bowel preparation or have reaction to sedation. Occasionally, a complete examination of the colon is limited in some patients due to poor bowel preparation, very long or tortuous colon or other pathology. In these cases, the patient may be further assessed with CT colonography. Whilst colonoscopy is an excellent procedure to examine the colon, there is a small risk of that a polyp, cancer or other pathology is not detected by the procedure. Serious complications such as perforation (making a hole in the bowel) or major bleeding are extremely rare (risk about 1 in 1000 examinations), but if it occurs, may require surgery. The risk of these complications is slightly higher if polyps are removed.

### What happens after a colonoscopy?

There may be mild, temporary abdominal discomfort and you may pass a small amount of blood. If you have severe pain or pass a large amount of blood you should contact your doctor on 9429 1002, or go to the nearest hospital emergency department. You will need a relative or a friend to accompany you home as it is not safe for you to drive that day due to sedation.

**I have read the above information about the colonoscopy, understands the risks, and have been given an opportunity to ask any questions or raise concerns with Mr Bassari prior to the procedure.**

Signed: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

## COLONOSCOPY FOOD GUIDE

Please read the food guide below as it increases the chance of an adequate view of the colon during the procedure. Poor views during colonoscopy reduces the accuracy of the procedure, and you may need a repeat colonoscopy.

### FOODS ALLOWED 2 DAYS PRIOR TO YOUR COLONOSCOPY

**BREADS:** White bread, rolls, plain biscuits, white muffins, pancakes, waffles, honey, jams (no seeds), white crumpets, vegemite

**CEREALS:** Rice bubbles, cornflakes, Weetbix, Nutrigrain

**DESSERTS:** Plain cake, water ices, natural low-fat yoghurt, jelly (not red or purple), light ice cream, frozen yoghurt without fruit

**FRUIT:** Ripe banana, apple sauce, stewed peeled fruit

**POTATO AND POTATO SUBSTITUTE:** White rice, white pasta, egg noodles (2 minutes noodles), peeled mashed potato

**VEGETABLES:** Cooked peeled carrots, pureed squash, pumpkin

**FATS:** Minimal margarine, light salad dressing, light mayonnaise

**MEAT AND MEAT SUBSTITUTE:** Well cooked lean white meat, skinless chicken, fish, shellfish, eggs, low fat cheese

**APPROVED CLEAR FLUIDS INCLUDE:** Strained broth, strained chicken noodle soup, tea, coffee, strained fruit juices, apple juice, water, sports drinks, soft drinks, cordials, barley sugar, jelly, icy poles, stock cubes

### FOODS NOT ALLOWED 2 DAYS BEFORE YOUR COLONOSCOPY

**NO** Wholegrain flour products, baked goods made of bran, nuts, seeds, coconut, dried fruit, corn bread

**NO** Oatmeal, whole grain cereal bran, porridge, nuts, coconut, dried fruit

**NO** Desserts made of: whole grain bran seeds, coconut, dried fruits, yoghurt with fruit skin, seeds, nuts, popcorn, chocolate

**NO** Raw or dried fruit and berries. Bananas allowed.

**NO** Whole wheat pastas, noodles, sweet potato

**NO** Raw vegetables, broccoli, cauliflower, cabbage, spinach, peas, corn, lettuce, tomato

**NO** Butter, seeds, bran, nuts, coconut, peanut butter

**NO** Red meat, pickled meat, salami

**NO** Full cream milk, fruit, vegetables, juices containing pulp