

Morning Bowel Preparation

Date of Procedure:

___/___/___

Admission Time:

- A/Prof. William Tam
- A/Prof. Asif Chinnaratha
- Dr Biju George
- Dr Paul Kuo
- Dr Derrick Tee
- Dr Sze (Sue) Yeap
- Dr Damian Harding
- Dr Yasmina Tashkent
- A/Prof. Hamish Philpott
- A/Prof. Kate Lynch
- Dr Seon Shin
- Dr Edward (Ned) Young

- Calvary North Adelaide Hospital
89 Strangways Terrace,
North Adelaide 5006
- Calvary Adelaide Hospital
120 Angas Street, Adelaide 5000
- Calvary Central Districts Hospital
25-37 Jarvis Road,
Elizabeth Vale 5112
- North Eastern Community Hospital
580 Lower North East Road,
Campbelltown 5074
- Glenelg Community Hospital
5 Farrell Street,
Glenelg South SA 5045
- Ashford Private Hospital
55 Anzac Highway, Ashford 5035
- St Andrew's Hospital
350 South Terrace,
Adelaide SA 5000
- Stirling Hospital
20 Milan Terrace,
Stirling SA 5152
- Burnside Hospital
120 Kensington Road,
Toorak Gardens SA 5065

Medications

Blood Pressure: continue as usual

Iron Tablets: should be stopped 7 days prior, can be resumed after the procedure.

Diabetic: _____

Blood Thinners: _____

Fish/Krill oil: should be stopped 7 days prior, can be resumed after the procedure.

**3 DAYS PRIOR TO YOUR PROCEDURE,
START A LOW RESIDUE DIET AS PER BELOW:**

AVOID (X)	ALLOWED (✓)
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge).	English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes, Rice Bubbles, white flour, white pasta, white rice.
Casseroles or dishes containing vegetables.	Lean beef, pork, lamb, veal, fish, poultry, eggs, bacon, meat curries (no onion). Plain meat/steak and bacon pies, tofu, meat substitutes.
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions, Legumes, such as baked beans or kidney beans, lentils, barley, split peas.	Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8). Skin free pumpkin and potato (mashed, steamed, baked), potato salad – with mayonnaise, egg, ham.
All fruit and vegetable skins and seeds.	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard.
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg: linseed, sesame, sunflower, poppy. Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre.	Vegemite, honey, lemon butter, cheese spread, fish and meat paste.
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes.	Include at least 6-8 glasses of fluid per day. Strained broths, clear soups, beef tea, soup cubes, water, soda water, tea, coffee, cordial, Bonox, Bovril, Milo, Aktavite, Sustagen, Ensure, Digestelact.
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel.	
If it is not on the list, please avoid as much as possible.	

1 DAY PRIOR TO YOUR PROCEDURE, START A CLEAR FLUID DIET AS PER BELOW:

ALLOWED (✓)

- Water
- Black tea (NO MILK)
- Black coffee (NO MILK)
- Cordial – orange or lemon (NO RED, GREEN, PURPLE OR BLUE)
- Fruit juice – pulp free orange or clear apple
- Clear Soup – strain bits out before drinking
- Yellow or orange jelly
- Sports Drinks eg: Gatorade or Powerade (NO RED, GREEN, PURPLE OR BLUE)
- Beef tea eg: Bovril, Bonox
- Soup cubes eg: stock cube in hot water

Purchase from your local chemist/pharmacy (3 sachets altogether)

2 sachets: **PICOLAX** *or* **PICOPREP ORANGE**

1 sachet: **COLONLYTELY 70 grams** *or* **GLYCOPREP ORANGE 70grams**

(These are over the counter laxatives; you do not require a script for it.)

Laxative Instructions

- Day before colonoscopy -

- **STOP** all intake of food/solids.
(please follow the clear fluid diet above)
- **4:00pm- Dose 1**
Take one sachet of the **PICOLAX** *or* **PICOPREP ORANGE** and mix it with 250mls of cold water until the powder is all dissolved. You can 'flavour' the solution with cordial.
Note: the mixture may expand (use a tall glass).
- **5:00pm**
After completing the first dose, continue to drink at least 2-3 glasses of plain water.
- **6:00pm- Dose 2**
Repeat the process with the second **PICOLAX** *or* **PICOPREP ORANGE**. Followed by several glasses of water.
- **8:00pm- Dose 3**
Mix **COLONLYTELY** *or* **GLYCOPREP ORANGE** with 1 litre of water. Slowly drink 250mls every 15 minutes. This is equivalent to 1 litre an hour.
Note: the mixture may expand (use a tall glass).
- **9:00pm- onwards**
Continue with plenty of clear fluids.
(please follow the clear fluid diet above)

- Day of colonoscopy -

- **6 hours before admission**
Stop all fluid intake.
You can continue to have small sips of water.
- **3 hours before admission**
NIL by mouth/ fasting. **(NO MORE FLUIDS)**

Bowel Preparation Chart



Semi-solid stool **NOT**
READY

Clear liquid
READY

WARNING: You will have lots of watery bowel movements, so stay near a toilet when you start taking your dose because you may need to use it urgently. You may use a barrier cream (e.g.: Vaseline) around the anus to prevent a sore bottom.

**FAILURE TO FOLLOW THE BOWEL PREPARATION INSTRUCTIONS
COULD RESULT IN A REPEAT PROCEDURE DUE TO POOR BOWEL PREPARATION.**

GOT "PRIVATE HEALTH INSURANCE"?

It is highly advisable to contact your private health insurance (if you have one) to check if your procedure is covered. If your private health insurance does not cover for the procedure, please contact us on 8267 4092 immediately as there will be out of pocket costs.

The item codes for your procedure are: Colonoscopy 32222 + 32229

AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE, PLEASE FILL UP HOSPITAL ADMISSION FORM

Before you start, make sure you have your Medicare card/ private health insurance card /DVA card/ Pensioner card, GP contact details, email address, health history and medication list.

It takes between 30 to 45 minutes to complete all forms for your first online admission.

Following admissions will be shorter if you use the same email address to login.



Visit eAdmissions: calvary.eadmissions.org.au

For any technical support, contact the hospital directly:

Calvary Adelaide Hospital
Calvary North Adelaide Hospital
Calvary Central Districts Hospital } 1800 798 226



Visit eAdmissions:

<https://app.personifycare.com/register/NECH-Admission>

For any technical support, contact the hospital directly:
North Eastern Community Hospital 8366 8111



Visit eAdmissions: acha.eadmissions.org.au

For any technical support, contact the hospital directly:
Ashford Hospital 8375 5222



Visit eAdmissions: patients.stand.org.au

For any technical support, contact the hospital directly:
St Andrew's Hospital 8408 2504



Visit eAdmissions: burnside.eadmissions.asn.au

For any technical support, contact the hospital directly:
Burnside Hospital 8202 7222



Visit eAdmissions: app.personifycare.com/register/Stirling

For any technical support, contact the hospital directly:
Stirling Hospital 8339 0200



Visit eAdmissions: glenelg.personifycare.com

For any technical support, contact the hospital directly:
Glenelg Community Hospital 8294 5555

What is a 'Colonoscopy'?

A Colonoscopy is a procedure used to examine or inspect the bowel and allows for a variety of operations to be carried out through the colonoscope. These operations may include taking small tissue samples (biopsy) and the removal of polyps (a benign wart-like growth). Although considered the best test for detecting polyps and colon cancer, it is by no means 'perfect'. Bowel polyps may not be seen if located behind a fold or obscured because of poor bowel preparation.

Medications:

If you are on NSAID's, anticoagulants (Aspirin, Warfarin etc.) have heart valve disease or have a pacemaker you should contact the rooms before you start this preparation. Advise staff if you are sensitive (allergic) to any drugs or other substances, or if you may be/are pregnant.

Safety and Risks

Complications can occur with any interventional procedure including the remote possibility of death. Others include an intolerance to the bowel preparation solution or a reaction to the sedative used by the anaesthetist.

Perforation (making a hole in the bowel) or major bleeding from the bowel is extremely rare but if it occurs, surgery may be required.

In the unlikely event of a haemorrhage occurring, a blood transfusion may be necessary. Due to the risk of cancer, it is recommended that all polyps found at the time be removed. When polyps are removed during the examination there is a slightly higher risk of perforation or bleeding from the removal site.

Complications of sedation are uncommon and are usually avoided by administering oxygen during the procedure and monitoring oxygen levels in the blood. Rarely however, in patients with severe cardiac or chest disease, serious sedation reactions can occur.

What can I expect on the day?

Prior to the procedure, a sedative will be administered through a vein in the arm by the anaesthetist to put you to sleep.

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the rectum into the large intestine to allow inspection of the whole bowel.

It is advisable that if any polyps are found, they should be removed at the time of examination. Most polyps can be burnt off (polypectomy) by placing a wire snare around the base and applying an electric current

After your procedure:

When you wake up after the procedure, as a safety precaution, it is important that you do not get out of bed until advised by the nursing staff to do so.

The doctor will only give you a brief outline of the results of your investigation on the day. Further details will be given at your follow-up.

If you have any severe abdominal pain, bleeding, fever, or other symptoms that cause you concern, contact the hospital after hours, or our rooms during business hours.

Your overall stay in hospital will be 3-4 hours.

Discharge protocol:

You will **only** be discharged by the hospital to someone known to you.

- **No** taxi, Uber or public transport is to be taken on your own.
- **Do not** operate any heavy machinery or vehicle for 24 hours
- We advise you be in the company of a responsible adult 24 hours post procedure, as you will be under the influence of an anaesthetic.

Please call our rooms on 08 8267 4092 should you wish to cancel or reschedule your procedure.