



Patient Preparation Instructions

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Australian Charter of Healthcare Rights

<http://www.safetyandquality.gov.au/wp-content/uploads/2012/01/Charter-PDF.pdf>

THIS PREPARATION IS FOR ALL PATIENTS

COLONOSCOPY AND PANENDOSCOPY

1 WEEK BEFORE

Arrange for someone to pick you up

You will be given medicine that makes you relax and be sleepy, so you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled.

If you are on blood thinners please call your GP to enquire about these.

✘ **Stop taking iron, krill and fish oil.**

✘ **Stop taking Nexium, Somac, Pariet, Zoton and Losec unless you have diagnosed Barrett's oesophagus**

3 DAYS BEFORE

- Confirm your transport plans
 - If you need to cancel your appointment, call the centre
 - Purchase your picoprep or glycoprep laxative if you need to take these for a colonoscopy (see instructions)
 - Organise the diet you need to follow for the next 2 days
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2 DAYS BEFORE

CALL THE CENTRE ON +61 2 9713 4011 AND CONFIRM YOUR APPOINTMENT

✘ **Stop eating seeds, whole grains, popcorn, nuts and pips**
Eg. Porridge, grainy bread or muesli.

HOW WILL YOU FEEL?

When you start taking the laxative, you will need to visit the toilet frequently. You will have diarrhoea and at times stomach cramps. You may feel lightheaded and weak.

Please follow the instructions on drinking fluids. Bowel motions will become watery and gradually clearer.

If you have a headache, you can take paracetamol with a sip of water on the day of your procedure.

WHAT ARE CLEAR FLUIDS?

- Water
- Black tea or coffee with no sugar
- Unsweetened clear juice like apple or pear
- Clear soup or stock cubes dissolved in water (Packet soup must be strained)
- Artificially sweetened jelly NOT RED OR GREEN
- Isotonic sports drinks (unsweetened, NOT RED OR GREEN)

✘ **Do not drink: fizzy drinks, sugary drinks**

IMPORTANT!

YOU MUST NOT DRIVE FOR 12 HOURS AFTER YOUR PROCEDURE
YOU SHOULD NOT BE ALONE FOR 12 HOURS AFTER YOUR PROCEDURE

PANENDOSCOPY ONLY: PREPARATION FOR ALL PATIENTS

IMPORTANT! DO NOT EAT OR DRINK FOR AT LEAST 4 HOURS BEFORE YOUR TEST

Morning appointment (6:45 - 11:45am) - Means you will not be able to have anything to eat or drink when you get up in the morning.

✘ **Do not take your medications, bring them with you.**

Afternoon appointment (12:00 - 4:00pm) - You may have a light breakfast at least 6 hours before your scheduled time, such as a drink and one slice of toast.

COLONOSCOPY INFORMATION SHEET OVER - 70 YEARS OLD

BEFORE YOU START

You will need to purchase a sachet of Glycoprep laxative from the chemist or the centre

IMPORTANT! 2 days before your procedure
stop eating seeds, whole grains, popcorn, nuts and pips
Eg. Porridge, grainy bread or muesli.

MORNING APPOINTMENT FROM 6:45 - 11:45AM

THE DAY BEFORE YOUR TEST

7am - You can have a light breakfast eg. One slice toast, small amount of butter or margarine, no spreads or 1 boiled or poached egg and a drink.

8am - **NOTHING ELSE TO EAT, CLEAR FLUIDS ONLY FROM NOW ON**
(see page 1 for clear fluid list)

12pm - Dissolve 1 sachet of glycoprep in 3 litres of water then drink one (1) glass every 10-15 minutes until it is finished – it is best when kept in the fridge.

✓ **You may drink as much clear fluid as you like until midnight to prevent dehydration.**
We encourage at least 2 other litres.

✘ **Do not eat or drink after midnight**

✘ **On the day of your test do not to eat or drink**

✘ **Do not take your medications, bring them with you**

If you have any history of Kidney Failure please call CDD on 02 9713 4011 to discuss your preparation needs.

COLONOSCOPY INFORMATION SHEET

UNDER - 70 YEARS OLD

BEFORE YOU START

You will need to purchase 3 sachets of picoprep laxative from the chemist or the centre

IMPORTANT! 2 days before your procedure
stop eating seeds, whole grains, popcorn, nuts and pips
Eg. Porridge, grainy bread or muesli.

MORNING APPOINTMENT FROM 6:45 - 11:45AM

**IMPORTANT! THE DAY BEFORE, YOU CAN ONLY DRINK CLEAR FLUIDS
AND NOTHING ELSE TO EAT**

THE DAY BEFORE YOUR TEST

- 8am** - Dissolve 1 sachet of picoprep into a glass of water or apple juice and drink it, then have 6 more cups of clear fluids over the next 2 hours, you can have more clear fluids if you wish.
- 2pm** - Dissolve 1 sachet of picoprep in a glass of water or apple juice and drink it, then have 6 cups of clear liquids over the next 2 hours, you can have more clear fluids if you wish.
- 7pm** - Dissolve 1 sachet of picoprep in a glass of water or apple juice and drink it, then have 6 cups of clear liquids over the next 2 hours, you can have more clear fluids if you wish.

- ✘ Do not eat or drink after midnight
- ✘ On the day of your test do not eat or drink
- ✘ Do not take your medications, bring them with you

AFTERNOON APPOINTMENT FROM 12:00 - 4:00PM

THE DAY BEFORE YOUR TEST

- 7am** - You can have a light breakfast eg. One slice toast, small amount of butter or margarine, no spreads or 1 boiled or poached egg and a drink.
- 8am** - **NOTHING ELSE TO EAT / CLEAR FLUIDS ONLY FROM NOW ON.**
(see page 1 for clear fluid list)
- 2pm** - Dissolve 1 sachet of picoprep in a glass of water or apple juice and drink it, then have 6 cups of clear liquids over the next 2 hours.
- 7pm** - Dissolve 1 sachet of picoprep in a glass of water or apple juice and drink it, then have 6 cups of clear liquids over the next 2 hours.

ON THE DAY OF YOUR TEST

- 6am** - Dissolve 1 sachet of picoprep in a glass of water or apple juice and drink it, then have 6 cups of clear liquids over the next 1 hour.

✓ Take your usual morning medications by 7am

✘ Do not eat or drink after 7am