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### COLONOSCOPY INSTRUCTIONS PM

Colonoscopy is a procedure used to inspect the large bowel (colon). Colonoscopy is considered to be the most accurate test of the colon. The colonoscope is inserted through the back passage and the lining of the bowel is examined. If polyps are found they are usually removed at the time of the examination. The procedure is not painful and you may not remember much about it. At the procedure, you will be given a sedative intravenously. You must **arrange for someone to accompany you home** because the sedatives may affect your judgment and reflexes for the rest of the day. You cannot drive or leave the hospital on your own.

Serious complications of colonoscopy are rare (less than one in two thousand examinations). However complications can occur and include the following: perforation, major bleeding, spleen injury, reaction to anaesthetics or bowel preparation. It is possible if these serious complications occur that you may require surgery or a blood transfusion.

In order to get the best possible view and make the colonoscopy easier, **a bowel preparation is required**. Your large bowel needs to be cleaned of all waste material; the bowel fluid should turn a clear, pale yellow with no solid material within it.

**Please follow these bowel preparation instructions carefully.**

If you are on iron tablets these should be stopped 3 days prior to the test. If you take medication for **diabetes, Warfarin, Clopidogrel (Plavix), Pradaxa, Xarelto** or other blood thinners please call us before commencing your prep. Do not eat seeded fruits for 2 days before the procedure.

Prior to the procedure, purchase from your chemist **2 sachets of PICOPREP** and **2 sachets of COLONLYTELY or GlycoPrep-C**.

**The day before your procedure**, you may have light breakfast. After breakfast have no solid food, milk products or orange juice. You may have clear fluids such as water, tea, coffee, fruit juices, cordial, clear soup or broth, jelly (not red) and soft drinks.

**At 5pm** add entire contents of one sachet of PICOPREP to a glass of water, stir until dissolved and drink the mixture slowly but completely. Continue drinking clear fluids (at least 1 glass per hour).

**At 7pm** make up 2 sachets if COLONLYTELY or GLYCOPrep C in 2 litres of water, chill if preferred. Drink the entire mixture slowly and finish by 8pm. Continue drinking clear fluids (at least 1 glass per hour).

**On the day of your procedure, at 7am** add entire contents of one sachet of PICOPREP to a glass of water, stir until dissolved and drink the mixture slowly but completely. Continue drinking clear fluids (at least 1 glass per hour) up to 6 hours prior to your admission time.

**Do not drink for 6 hours prior to your procedure.** You may take your usual medications with a sip of water at least 2 hours before the test unless instructed otherwise by your doctor.