

Newcastle Colorectal Surgery

Suite G7 Ground floor,
Newcastle Private Medical Centre, 26 Lookout Road
New Lambton Heights NSW 2305
Telephone: 02 4956 3244 / 02 4956 3243

PREPARATION FOR COLONOSCOPY **Pico Prep-3**

On the day before the examination, you can have breakfast. No solid foods or milk products are allowed after 8.00am. Drink only approved clear fluids for lunch and dinner.

Approved clear fluids : water, clear salty fluids (eg, strained chicken noodle soup), clear broth/bouillon, clear fruit juices ie apple juice (not the cloudy apple juice) plain diet jelly, black tea or coffee (no milk), sports drinks, Gastrolyte, clear fruit cordials (clear lemon/lime – no red or purple colourings) also barley sugar. A good combination of these clear fluids, including 2-3 cups of strained chicken noodle soup will give a variation in fluid intake.

1. **On the day before** the procedure, after you have had breakfast before 8.00am drink approved clear fluids only.
2. **On the day before** the procedure at approximately 3pm dissolve the entire contents of one sachet of Picoprep in a glass (250ml) of warm water. If preferred chill in the refrigerator before drinking. Drink the contents of the glass followed by a glass of water. Continue drinking approved clear fluids, at least a glass per hour (the more the better to ensure adequate body hydration).
3. **Follow the above instructions** in Step 2 again at 5.00pm the evening before your procedure.
4. **Follow the above instructions** in Step 2 again at 7.00pm the evening before your procedure.

CONTINUE DRINKING APPROVED CLEAR FLUIDS UNTIL FOUR HOURS PRIOR TO THE PROCEDURE TO ENSURE ADEQUATE HYDRATION. YOU MAY EXPERIENCE PAIN/IRRITATION AROUND THE ANAL REGION AND A BARRIER CREAM SUCH AS ZINC CREAM CAN BE HELPFUL.

IF YOU ARE ON WARFARIN OR PLAVIX OR ISCOVER (CLOPIDOGREL) YOU MUST STOP THESE AT LEAST 5 DAYS BEFORE THE PROCEDURE.

IF YOU SUFFER DIABETES DO NOT TAKE YOUR DIABETIC MEDICATION ON THE MORNING OF THE PROCEDURE

YOU MAY CONTINUE TO TAKE ALL YOUR OTHER NORMAL MEDICATIONS (with the exception of those outlined above) WITH WATER UNLESS PREVIOUSLY ADVISED TO CEASE THEM BY DOCTOR. You are to be nil by mouth four hours prior to your arrival at the hospital. On booking into the hospital, they will advise you to either call them the day prior to the procedure, or they will phone you the day prior, to advise what time to be at the hospital for your procedure.

Following your colonoscopy some common symptoms are:

- Wind pain – this pain is a generalised abdominal pain and should improve within 24 hours. Please notify either your GP or contact us on the above number if the pain persists longer than 24 hours.
- If you have had banding of haemorrhoids you may notice some bleeding, this should settle within 3-4 days. If not, contact us on the above numbers.

If you experience any of the following symptoms after your colonoscopy please contact us:

Abdominal pain not resolving after 24 hours, sudden onset of bleeding, vomiting, temperature or shoulder pain.

THE BOWEL PREP REQUIRED FOR YOUR COLONOSCOPY IS PICOPREP 3 WHICH YOU CAN PURCHASE FROM YOUR CHEMIST