

Dr Jeffrey Tu MBBS FRACP

(02) 9063 7585

Colonoscopy Bowel Preparation instructions — Morning procedure

The success of your examination depends on the bowel being as clean as possible. If the preparation is incomplete, the procedure may be postponed.

To Purchase: **PrepKit Orange + Hydralyte tablets.** This can be purchased from the chemist— no script required. Both can be made up prior to taking and chilled, if desired.

Medications: Generally, all medications can be taken before the procedure, including on the day of the procedure with a small amount of water. If you take Insulin, **Warfarin/Coumadin, Clopidogrel (Plavix) or blood thinning medication**, please discuss with your GP/Gastroenterologist 2 weeks before the procedure. Cease Iron tablets at least 1 week before the procedure.

Bowel Preparation

2-3 Days Prior (Monday-Tuesday): Low residue diet, please avoid foods with nuts & grains.

Day Before (Wednesday) Have a light breakfast (toast, tea/coffee). After breakfast, **Clear Fluids ONLY for the rest of the day.** This can include: *water, clearfruit juice, black tea/coffee (no milk), clear sports drinks (no blue/red), cordials (no red/blue/purple), plain jellies, clear soups/broths*

12-1PM — Drink 1x dissolved **Hydralyte** tablet in 200ml water

PrepKit Orange Instructions:

4PM – Drink 1x dissolved **PICOPREP** sachet into 250ml Water, followed by 2 glasses of clear fluid

5PM- Drink 1x dissolved **Hydralyte** tablet in 250mL water

6PM – Drink 1x dissolved **GLYCOPREP** sachet in 1L of water

8PM – Drink 2nd dissolved **PICOPREP** sachet into 250mL water, followed by 2 glasses of clear fluid

Day of procedure (Thursday):

- Take regular medications with a sip of water but NO blood thinners
- Nothing at all by mouth 6 hours prior to admission/ NO chewing gum
- Please arrive at your schedule time (note this is NOT procedure time)
- All procedures are performed under a sedation/ light anaesthetic. You will not be able to drive home after the procedure due to anaesthetic. Please arrange transport home.

A nurse will be in contact with you 2 days prior to admission date with your time and further instructions.

If you have any queries please do not hesitate to contact the day surgery on (02) 9063 7585 or email on admin@freshwaterdaysurgery.com.au