



Extended Bowel Prep Before Your Colonoscopy

You are booked in for a Colonoscopy

Your Procedure Date is: ____/____/____ **Time: 7:30—11:30 / 12:30-4:30**

Mornington Endoscopy, Suite 1, 350 Main Street, Mornington, 5973 4444

Rosebud Endoscopy, 20 Boneo Road, Rosebud, 5986 4444

The Bays Hospital, 262 Main Street, Mornington, 5975 2009

Key Information:

- Your procedure will take between 20-45 minutes, but you will be at our centre for approximately 2 hours.
- Your arrival time will be confirmed via phone one business day prior to your procedure
- Please ensure you have someone who is able to drive you home and that you have someone to stay with you for 24 hours post procedure. Please note your procedure will be cancelled if you do not have an escort to drive you home or somebody to stay with you.
- Please ask your driver to enter the facility and wait with you until you are admitted by one of our team.
- You must follow the colonoscopy instructions below to avoid having to return for a repeat procedure
- We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping. You will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your card. **(Please Note there is a 1.2% surcharge if paying by credit card).**
- On the day of your admission you will see the doctor prior to the procedure and at discharge where you will receive a written report that will also be sent to your referring doctor.
- **Please take the time to watch the video on our website about colonoscopies, this will provide you with a greater understanding of what will occur on the day.**
<https://www.gastromedicine.com.au/colonoscopy/>

White Diet

3 Days prior to your procedure you are required to follow the 'White Diet'. The White Diet is a low residue diet consisting of pale foods which will optimize views during your procedure. See 'White Diet' information sheet for permitted diet and fluids that you may consume.

Why is Bowel Preparation Required?

Bowel preparation is an important part of colonoscopy examination as it allows the doctor to examine the entire bowel mucosa and detect any abnormalities such as polyps that can enlarge or develop into cancer overtime if not detected and removed. You are required to take the preparation as instructed to clean out your bowel before the procedure.

The preparation can cause dehydration, which in some instances can lead to dizziness and fainting. Dehydration can be avoided by drinking clear fluids from the approved white diet list. When standing, particularly from a lying position please move slowly so that you do not become dizzy, light headed or fall. If you normally use mobility aids such as a walker or stick please ensure that these are accessible and used when mobilizing and bring them to your appointment.

There is the risk of drinking too much water whilst taking the preparation leading to low sodium in the blood. Water should be alternated with other approved clear fluids such as lemonade or light coloured cordial.

Headaches can be a common side effect of the preparation; please note you can take paracetamol with a small sip of water up to 2 hours prior to your procedure.

The Bowel preparation can cause anal irritation due to frequent bowel motions and excessive wiping. Baby water or personal water wipes are available from supermarkets and pharmacies and can be used in place of toilet paper. Dabbing rather than wiping can help reduce irritation to the area.

Regular Medications

Unless instructed by your GP or Gastroenterologist, please take all of your normal medications with a small sip of water **(No fluids up to 4 hours prior to your procedure arrival time).**

Extended Bowel Prep Before Your Colonoscopy

You will need to purchase from a pharmacy:

- **THREE sachets of PicoPrep (20g)**. A box of PicoPrep contains three sachets.
- **Hydralyte Effervescent Tablets PK 20** - Clear, lemonade or orange flavours only.
- **One box of Moviprep** - Contains 4 sachets (2x Part A and 2x Part B)

These are over the counter medications, no prescription is required.

Please ensure you follow the instructions below, and disregard the instructions in the PicoPrep and Hydralyte box.

<p><u>3 days prior to your procedure</u></p>	<p>Please follow the 'White Diet' for breakfast, lunch, dinner and snacks - refer to the permitted foods table in the White Diet Before Your Colonoscopy information sheet.</p>
<p><u>2 days prior to your procedure</u></p>	<p>Please follow the 'White Diet' for breakfast, lunch, dinner and snacks - refer to the permitted foods table in the White Diet Before Your Colonoscopy information sheet.</p> <p>At 6:00 PM – PicoPrep FIRST DOSE:</p> <ul style="list-style-type: none"> • Add the entire contents of ONE sachet of PicoPrep to 250ml of warm water and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. • Prepare Hydralyte by placing ONE tablet in each of THREE 250ml glasses of water. • Drink the PicoPrep in thirds, 15 minutes apart, each time followed by a glass of the Hydralyte solution. <p>In addition to the preparation please ensure you drink Clear Fluids from the approved clear fluids list.</p>
<p><u>The day before your procedure</u></p>	<p>Please follow the 'White Diet' for breakfast & lunch before 12pm - refer to the permitted foods table in the White Diet Before Your Colonoscopy information sheet.</p> <p>12:00 MIDDAY - NO MORE FOOD FROM THIS POINT – CLEAR FLUIDS ONLY</p> <p>At 1:00 PM – PicoPrep SECOND DOSE: Repeat as per PicoPrep Instructions above. In addition to the preparation please ensure you drink Clear Fluids from the approved clear fluids list.</p> <p>At 3:00 PM –MoviPrep FIRST DOSE - Add the contents of BOTH sachet A and B into 1 Litre of water and stir until dissolved- This may take up to 5 minutes and the solution may have a hazy appearance. Consume over 1-2 hours aiming to drink a glass every fifteen minutes. In addition to the preparation please ensure you drink Clear Fluids from the approved clear fluids list.</p> <p>At 5:00 PM – PicoPrep THIRD DOSE: Repeat as per PicoPrep Instructions above. In addition to the preparation please ensure you drink Clear Fluids from the approved clear fluids list.</p>
<p><u>The day of your procedure</u></p>	<p>At 7:00 AM – MoviPrep SECOND DOSE: Prepare and consume 1L of MoviPrep as instructed above. In addition to the preparation please ensure you drink Clear Fluids from the approved clear fluids list.</p> <p>Have NOTHING to drink – NO water or ANY fluids (including chewing gum) for a minimum of FOUR HOURS before your procedure time.</p>

If at any stage you experience symptoms such as nausea or vomiting, stop taking the preparation for 30 to 60mins then recommence. If you are still feeling unwell, please contact our rooms on 5973 4444 and ask to speak to a nurse for further advice. If outside business hours, please contact Dr Dinh via SMS **only** on 04 2727 8989.