Schneider HEALTH
INNOVATIVE CARE

T: 03 8764 0073 *E:* admin@schneiderhealth.com.au
F: 03 8764 0074 *W:* www.schneiderhealth.com.au

Please see your Hospital Information Sheet provided for Colonoscopy Appointment location, date and time details

COLONOSCOPY PREPARATION CARE PACKAGE

PicoPrep – Morning Procedure

It is important that you **follow these instructions carefully** (not the packet instructions) as the safety and diagnostic accuracy of colonoscopy depends on the inside of your colon being seen clearly by your doctor. If your colon is not clean of stool, the procedure may have to be stopped and will need to be re-done on another day.

Your care package includes:

- ◯ **PicoPrep** (3 Sachets) bowel preparation
- ◯ 2 X **Laxtabs** (Bisacodyl 5 mg) – to assist with clearing your bowel
- ◯ 2 X **Energy gel packs** – to help boost energy
- ◯ 1 X **Degas** (Simethicone 180mg) – to assist with bloating
- ◯ 2 X **Travacalm** natural (ginger tablet) – to reduce nausea
- ◯ **Lubricant Gel** - to soothe your bottom
- ◯ **Mints** - as your stomach is empty you may experience bad breath
- ◯ **Soothing wipes** – to care for your bottom with each bowel action

7 days before your procedure

Set a reminder to start preparation.

- Arrange for a **driver** from hospital
- Take a **day off** on the day of procedure.
- **Stop** certain medications, supplements and/or foods.
- ***Start*** planning out your low-residue / white foods and clear fluids diet.

7 days prior to the procedure

- ☐ **CONTINUE** all regular medications prior to your procedure
- ☐ **CONTINUE** taking all blood thinners and blood pressure pills to minimize the risk of stroke and heart attacks unless advised otherwise by your Gastroenterologist
- ☐ If you are on **diabetic medications**, please follow the pre-procedure diabetic instructions

- ☐ **STOP** Lomotil, Imodium, Gastrostop, and Iron tablets or medication containing Iron
- ☐ **DO NOT** take any Fiber supplements (e.g. Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel)
- ☐ **DO NOT EAT ANYTHING WHICH HAS SEEDS, NUTS, FIBRE, SKINS OR WHOLE GRAINS:** These are called **high-residue** foods, see **Page 4** for examples of foods to avoid for 7 days

These items can **block** the suction channel, **damage** the colonoscope or make it **hard to visualize** inside the colon which would mean the procedure will have to be **re-scheduled** for another day.

3 days prior to the procedure

FOLLOW THE WHITE DIET: These are called **low-residue** foods, see **Page 4** for examples of foods allowed for 3 days prior to the procedure including breakfast the day before the procedure.

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Day before procedure



low-residue Light breakfast

8 AM You may have a **low-residue light breakfast.**



Liquids Only Lunch

12 PM **DRINK ONLY CLEAR FLUIDS** for and after lunch. These are liquids that you can see through. See the list of allowed clear fluids on Page 4. **DO NOT** take oral medications within 1 hour before the start of PicoPrep.

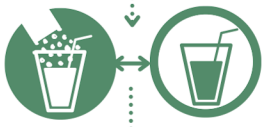


Take Dose 1 — Drink 500ml of clear fluids

3 PM MIX **DOSE 1 of PicoPrep** into 250ml of warm water (not boiling). Use a large container (approx. 500ml) as the solution will fizz and bubble. Stir gently until the fizzing ceases. The solution will appear cloudy and may be hot. Allow the solution to cool. Sip through a straw over 30 minutes. Follow with 500ml of clear fluids over the next 30 minutes.



4:45 PM Take your **1st ENERGY GEL PACK**. This will boost energy and promote recovery.



Take Dose 2 — Drink 500ml of clear fluids

5 PM MIX **DOSE 2 of PicoPrep** - prepare as described above. Sip through a straw slowly over 30 minutes. Follow with 500ml of clear fluids over the next 30 minutes.



7 PM Take **2 LAX-TAB 5mg** tablets with sips of water. Do not chew or crush the pills.



7:45 PM Take your **2nd ENERGY GEL PACK**. This will boost energy and promote recovery.



Take Dose 3 — Drink 500ml of clear fluids

8 PM MIX **DOSE 3 of PicoPrep** - prepare as described above. Sip through a straw over 30 minutes. Follow with 500ml of clear fluids over the next 30 minutes.



10 PM Maintain normal clear fluid intake until bedtime.
Have a good night sleep.

DRINK ONLY CLEAR FLUIDS. Try to drink at least an *extra* **6 - 8 glasses** of clear fluids as it's important that you don't become de-hydrated and weak.

The bowel preparation will cause loose bowel actions.

If the taste is becoming bothersome, you can drink clear fluids in between sips of PicoPrep or suck mints.

If you feel sick (nauseated) while drinking any dose of PicoPrep, wait 20 minutes, then continue to drink prep.

*If nausea continues, take **1 TRAVACALM NATURAL** tablet. A second tablet can be taken 30mins later if needed.*

*Continue to drink clear fluids to avoid dehydration until your **NIL BY MOUTH time of 5 AM day of the procedure.***



*Apply protective **Lubricant Gel** around your anus before the frequent loose bowel action commences.*

*Use toilet paper and then 1-2 sheets of the **soothing flushable wipes** provided after each bowel action. Keep using **lubricant gel** around your anus to soothe irritation and help heal the area.*



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Day of procedure



Take 1 DEGAS tablet

4:45 AM

Take **1 DEGAS** tablet. This will help reduce the bubbles in the right colon for better visibility during the procedure. It will also give relief from bloating and gas.



STOP all intake of fluids - this is called NIL by mouth

5 AM

You are now **COMPLETELY FASTING.** You can have your morning medications (unless advised otherwise) with a sip of water. For **diabetes** medications, refer to the **pre-procedure diabetes instructions** provided to you. No food, fluid, or lollies.



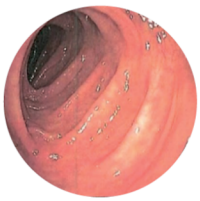
Present to the hospital at advised **Admission Time.**



Early Morning **Colonoscopy** procedure.



" The goal is to have liquid bowel movements, clear to yellow in colour. Make sure to drink all the preparation liquid as this helps all bile in your colon to also be cleaned out."



Excellent Preparation



Poor Preparation

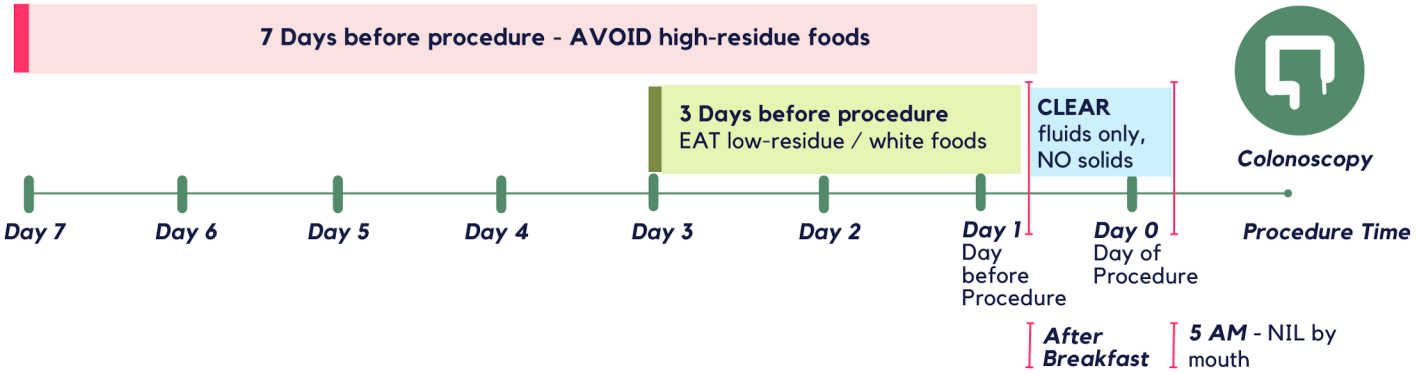


The bowel preparation may alter the effectiveness of the **oral contraceptive pill**. Alternate forms of contraception should be used for 2 weeks post colonoscopy.

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AVOID HIGH-RESIDUE FOODS: Any nuts or food containing nuts, Popcorn; **Seeds:** chia, linseed, sesame, fennel, flax, poppy, sunflower, pumpkin, mustard; **Whole grains or high fibre grains:** bread or cereal with nuts or seeds, wholemeal (brown) bread, rolls, pasta or crackers, brown or wild rice, cereal (granola, raisin bran, oatmeal, muesli bars, quinoa), cornmeal; **Legumes:** baked beans or kidney beans, dried beans, barley, split peas or lentils; **Fruits:** strawberries, passionfruit, grapes, citrus fruit, berries with seeds, skin on apple, pear, peach, nectarine or other raw fruit (peeled and deseeded fruit is okay), cooked or canned fruit with seeds or skin, raisins or other dried fruits; **Vegetables:** brussels sprouts, celery, carrots, cabbage, corn, cucumber, green pea, onions, tomato skin or seeds, sundried tomato, skin on capsicum, eggplant or potato (peeled vegetables are okay); **Other:** fruit yogurt, marmalades with skins, jams, crunchy nut butter spreads, coconut, fibre supplements, olives, pickles, salad dressing with seeds or nuts, soups with vegetables or legumes

EAT LOW-RESIDUE / WHITE DIET: Bread & grains: white bread or bagels (NO whole grain or any seeds), English muffins, croissants, crumpets, French toast, Cornflakes, Rice Bubbles, pita/Turkish bread, white flour, white pasta, white rice; ***Dairy:*** milk, cheese, plain yoghurt; ***Protein:*** eggs (not fried), lean meat - beef, lamb, chicken, fish, pork, tofu, turkey, bacon; ***Fruits and Vegetables:*** peeled fruit (NO seeds), peeled well-cooked vegetables (NO beetroot, NO onion), peeled potato; ***Condiments:*** Vegemite, Promite, Marmite, honey, cheese spread, fish and meat paste, peanut or almond butter (NO crunch); butter or margarine; oil; mayonnaise or sour cream; ***Dessert:*** ice-cream, pudding; sorbet, custard, biscuits and cake made with white flour.

ALLOWED *Clear Fluids*

- Water (do not only drink water)
- Black tea and coffee (sugar/ sweeteners allowed)
- Cordial - orange or lemon
- Clear pulp free apple juice, white grape juice, white cranberry juice
- Clear soup broth or bouillon - strain bits out before drinking
- Lemon or orange Jell-O®
- 'Pulp free coconut water
- Lemonade, Ginger ale, Sprite®, 7-Up®
- Clear or lemon sports drinks: Gatorade®, Powerade®
- Beef tea e.g. Bovril, Bonox

AVOID *Fluids*

- NO red, green, blue or purple coloured fluids
- NO Alcohol
- NO milk products or substitutes such as soy, almond, or goat's milk
- NO orange juice
- NO meal replacement like Boost Boost® or Ensure®