

### MORNING (AM) PROCEDURES

**Date of procedure:**

**Arrival Time:**

Purchase Picosalax from your local pharmacy and use the instructions below. Allow few days for your pharmacy to prepare this for you.

### MEDICATIONS

**Stop iron tablets 1 week before the colonoscopy.** Please follow instructions given to you regarding medications.

If you are taking **oral diabetic** medications, you can still continue the medication(s) but DO NOT take it on the day of your preparation and the day of your colonoscopy.

If you are taking **insulin** injection for your diabetes, please half the dosage of your insulin injection during the bowel preparation and monitor blood sugar closely. DO NOT use any insulin on the day of the colonoscopy as you will be nil by mouth on that day.

If you are on blood thinners other than ASPIRIN (Plavix (clopidogrel), Warfarin, Eliquis (Apixiban), Xarelto (rivaroxaban), Pradaxa or others, they may need to be stopped prior to your colonoscopy. Please inform your doctor if you are on these medications due to its blood thinning effect. INR must be checked by local doctor if you are on Warfarin 2 days prior to colonoscopy. You can continue all other medications, including **ASPIRIN** and Antihypertensives even on the day of your colonoscopy.

### TWO DAYS BEFORE THE COLONOSCOPY – start low fibre diet

#### Solids:

- Rice bubbles, cornflakes, reduced fat milk, eggs (not fried), plain tinned spaghetti, plain crackers, white bread or toast (but not high fibre), plain scones (no sultanas or dates), plain biscuits (e.g. arrowroot or wine).
- Butter, margarine, cheese, honey, marmalade, Marmite, Vegemite.
- Fish, skinless chicken (but not fried or highly seasoned) - **no red meat.**
- White rice, plain white pasta, skinless potatoes or kumara but **no other vegetables.**
- **No fruit, pips, seeds, nuts, red meat, brown or wholemeal bread or muesli.**

#### Liquids:

- Drink as much clear fluid as possible to help clear your bowel and maintain hydration. For comfort and variation try a variety of clear fluids - water, clear energy drinks, colourless cordials and carbonated drinks, e.g. lemonade, clear apple juice, electrolyte mixes.
- Strained fruit juice, clear soups, e.g. strained chicken noodle.
- Lemon flavoured ice blocks, light coloured jellies, barley sugars, boiled sweets.
- Tea, coffee (a little reduced fat milk, soy milk, almond milk is okay but **not lattes, flat whites or cappuccinos**).
- **No highly coloured drinks (i.e. red, green, purple) or milk based products such as yoghurt**

### THE DAY BEFORE YOUR PROCEDURE

Please start clear fluid after a low fibre breakfast at 7 am. STOP ALL SOLID FOOD until after your procedure tomorrow – drink clear fluids only.

**6 pm (First Dose):** Mix one sachet of Picosalax in 125 mls of water and drink slowly. Drink plenty of clear fluids between doses You will experience increasingly watery stools, this is normal, so ensure you are close to a toilet.

**10 pm (Second Dose):** Mix one sachet of Picosalax in 125 mls of water and drink slowly. Drink plenty of clear fluids between doses You will experience increasingly watery stools, this is normal, so ensure you are close to a toilet.

**From midnight:** No food or clear fluid. If necessary, regular medication may be taken with a sip of water only.

### THE DAY OF THE PROCEDURE

Please take your blood pressure or heart medications or antiepilepsy medications at 6am with only sips of water – if these are part of your usual medications. DO NOT take your insulin or diabetic medications

What to bring with you:

- Referral from your Doctor
- Medicare card, Pensioner/Health Cards
- Private Insurance card (if applicable)
- List of medications

What to wear:

- Light casual clothing, please remove jewellery, nail varnish and lipstick

#### **Have Someone to collect you after the procedure**

Due to the use of anaesthetic during the procedure, the effects will make you drowsy and incapable of legally driving yourself home. Please arrange a friend or relative to collect you about one and a half hours after the test, as you cannot drive or leave the hospital on your own.

