

AFTERNOON COLONOSCOPY PROCEDURE SHEET

Colonoscopy

Colonoscopy is a procedure using a thin flexible camera to inspect the bowel. It is commonly performed as a day case procedure and requires special preparation to clean the colon beforehand. Colonoscopy allows for photographs and samples (biopsies) to be obtained and for the removal of small growths (polyps) from the bowel should they be seen. The procedure is performed by a Gastroenterologist and sedation given by an Anaesthetist.

Colonoscopy is a very safe and well-tolerated procedure. The risks are less than 1 in 1000 for bleeding or damaging the bowel wall. If more complex polyps are removed from the colon the risk of complication may be higher (up to 1-3%). It generally takes around 20-30 minutes to complete a colonoscopy, and you will be able to restart your normal diet immediately after the procedure.

There are restrictions on your ability to work and drive on the day of the procedure due to having a short anaesthetic, however most patients return to normal duties the following day. You will require someone to escort you home and be with you the night after your procedure.

Special Considerations

- Cease Iron tablets **1 week** before the colonoscopy
- If you have diabetes, kidney problems or take blood thinners (apart from Aspirin which is safe to continue), contact our rooms directly regarding special instructions to best prepare for the procedure
- **Five days** before the procedure please begin to modify your diet
- **Foods to avoid include:** all wholemeal, wholegrain, multigrain and very high fibre foods (corn etc). Also avoid food with red, blue or purple food colouring
- **Foods that are safe to consume include:** fish, meat, white bread, white rice, vegetables such as potato, carrot, pumpkin and cauliflower. Fruits such as stone fruits, apples and bananas, eggs and dairy (except fruit yoghurt with small seeds) are also fine to eat

Preparation for procedure

- Purchase bowel preparation over the counter from your local chemist. We recommend either **Picolax** or **Picoprep**, however if you have kidney problems, purchase **Colonlytely**. You will also need to buy **Coloxyl with Senna**

The preparation will flush out the contents of the bowel. Loose bowel actions, nausea and some abdominal discomfort are commonly experienced during the preparation period.

- Take 2 Coloxyl with Senna tablets each night for 2 nights before starting the liquid part of the preparation
- The day before your colonoscopy you may have a normal breakfast. After this you will only be allowed to consume a clear liquid diet (including clear broth, jelly, cordial, black tea/coffee)
- Avoid all solid food and dairy from now. Keep well hydrated throughout the day
- Electrolyte replacement drinks such as Gatorade (not purple or red coloured) are great sources of fluids, salts and energy while on a clear liquid diet and are recommended
- **First Dose:** Take the first dose of bowel preparation at **5pm the night before** your scheduled procedure, followed by 1 litre of clear fluids over the next hour

If taking Colonlytely, this preparation is mixed into 1L of water. Drink this amount over the hour.

- **Second Dose:** Take the second dose of bowel preparation at **6pm**. Please then continue to maintain your hydration by drinking plenty of fluids through the evening until bedtime, this will help flush through the preparation and clean the bowel
- **Third Dose:** Take the third and final dose of bowel preparation at **10am** on the day of your procedure. Keep drinking clear fluids until **12pm**
- **Fast completely from 12pm on the day of your colonoscopy**

Unless otherwise instructed by our office, (for example patients with diabetes medications or blood thinners), you can take your usual medications on the morning of the colonoscopy with water.

Please report to the Day Surgery on Level 5 at Hobart Private Hospital by 1pm on the day of your procedure, unless otherwise instructed by our office.

You are likely to be ready to go home around 5-6pm.