

MONASH GASTROINTESTINAL SPECIALISTS

COLONOSCOPY INSTRUCTION- BOWEL PREPARATION **AFTERNOON PROCEDURE-PICOSALAX**

GENERAL INFORMATION

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

DIETARY MODIFICATION

For 2-3 days prior to the procedure you should avoid foods with nuts and grains.

MEDICATIONS

Generally all medications can continue to be taken up to and on the day of the procedure. Cease iron tablets at least 1 week before the procedure.

If you take insulin, warfarin/Coumadin, clopidogrel (Iscover/Plavix) or other blood thinning medication, please contact the rooms (9543 5311) at least 1 week beforehand.

BOWEL PREPARATION KIT

You will need to purchase a bowel preparation kit- PICOSALAX

This can be purchased from our rooms or the local chemist

This kit contains 2 X Picosalax sachets

Make up the sachets as directed.

Both can be chilled and a small amount of juice or lemon/lime cordial can be added.

DAY BEFORE THE PROCEDURE

Have a light breakfast and lunch

After lunch, **NO** solid food or milk products can be taken.

Clear fluids can be taken throughout the day-it is important to keep drinking constantly throughout the day.

6pm add the entire contents of one of the Picosalax sachets in 150ml of water, stirring well. Follow with 2 glasses of clear liquids and aim to have one glass of clear liquids each hour for the next 4 hours.

DAY OF THE PROCEDURE

7am add the entire contents of the other Picosalax sachet into another 150ml of water and again aim to drink clear fluids every hour for the next few hours.

Take regular medications with a sip of water

Nothing to eat or drink for 4 hours before your appointment time.

Arrive at scheduled time.

All procedures are performed under sedation/light anaesthetic.

You will not be able to drive home after the procedure due to the anaesthetic- please organize someone to pick you up after the procedure.

CLEAR FLUIDS INCLUDE:

Water
Clear fruit juice
Black tea/coffee
Clear sports drinks (No Red/Blue or purple)
Clear soft drinks
Cordials (No red/blue purple)
Plain jellies
Clear soup/broth

YOU CAN PURCHASE PICOSALAX FROM THE CHEMIST OR OUR ROOMS
IF YOU DO NOT UNDERSTAND ANY OF THE INSTRUCTIONS OR HAVE FURTHER
QUESTIONS OR CONCERNS PLEASE CONTACT THE CONSULTING ROOMS
BELOW.

**###PLEASE NOTE THE ADDRESS BELOW IS NOT THE ADDRESS WHERE
YOUR PROCEDURE IS BEING PERFORMED.
PLEASE CHECK YOUR RELEVANT PAPERWORK FOR THE ADDRESS DETAILS
OF WHERE YOUR PROCEDURE IS BOOKED.###**

**MONASH HOUSE
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CLAYTON VIC 3168
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FAX: 9543 3805**