

Day: _____ Date: _____ Admit at: _____

Hospital: _____

Morning Colonoscopy – PicoPrep (Plain or Orange)

The purpose of this preparation is to completely clear the large bowel so that the lining can be examined properly during colonoscopy. You will need to obtain **three PicoPrep sachets** from your pharmacy (no prescription required). PicoPrep usually causes diarrhoea within 1–3 hours.

Important medication instructions:

- Iron tablets. Please cease 5 days before your colonoscopy.
- Aspirin (Astrix, Cartia). If you are taking aspirin, you do not need to stop it.
- **Please contact us** if you are taking any of the following:
 - an anticoagulant such as Warfarin, Rivaroxaban (Xarelto), Apixaban (Eliquis), or Dabigatran (Pradaxa)
 - a blood thinner drug such as Clopidogrel (Iscover, Plavix) or Ticagrelor (Brilinta)
 - Insulin or SGLT inhibitor (Forxiga, Jardiance, Steglatro, Xigduo, Jardiamet, Segluromet)

The day BEFORE the colonoscopy:

Do not eat any solid food for the whole day.

Drink only **clear fluids** for breakfast, lunch and dinner. Clear fluids include water, cordial, fizzy drinks, tea or coffee **without milk**, Bonox, plain jelly, clear broth and juices.

At **1:00 pm**, empty one **PicoPrep** sachet into a tall glass, add 250 mL warm water and stir until dissolved. Chill if preferred, then drink slowly until finished. To prevent dehydration, continue drinking clear fluids regularly (at least one glass every hour).

At **5:00 pm**, repeat using the second **PicoPrep** sachet and continue drinking clear fluids.

At **9:00 pm**, repeat using the third **PicoPrep** sachet and continue drinking clear fluids.

If you are diabetic, do not take your evening diabetic tablets.

On the day of the colonoscopy:

Do not eat any solid food.

Take your usual tablets with only a sip of water, unless instructed otherwise. If you are diabetic, do not take your diabetic tablets.

Continue drinking clear fluids until 2 hours before your admission time, then have nothing further.

Please note: If you are taking Ozempic, Wegovy, Mounjaro or Trulicity, you must stop drinking clear fluids 6 hours prior to your admission time.

IMPORTANT:

Please be prepared to stay at the hospital for approximately 4 hours.

Because of the sedatives you will be given, you must not drive a car, sign important legal documents, or work with dangerous machinery for 24 hours after the procedure.

A responsible adult must accompany you home and stay with you overnight.

COLONOSCOPY: PATIENT INFORMATION SHEET

What is a colonoscopy?

Colonoscopy is a procedure used to see inside the large bowel (colon). This allows direct inspection of the lining of the bowel and gives important information about the possible cause of your symptoms and helps determine the best treatment. It is possible during the procedure to obtain small samples of tissue for examination under a microscope or to remove pieces of abnormal bowel tissue.

Preparation for colonoscopy

In order to perform a colonoscopy the bowel needs to be empty. This is achieved by using a preparation to clean the bowel. The choice of bowel preparation will depend on your age, general physical condition and other medical illnesses. Detailed instructions accompany this information sheet which explains the preparation you are required to take.

How is colonoscopy performed?

You will be given a sedative through a vein in the arm just prior to the procedure to make you more comfortable and slightly drowsy. The medication may result in you having little or no memory of the test.

The colonoscope is a long and highly flexible tube about the thickness of the index finger. It is inserted through the anus and then gently manoeuvred along the large bowel (colon). The procedure takes about 30 minutes.

Additional procedures

As cancer of the large bowel arises from pre-existing polyps (a benign tissue growth), it is usual practice to remove any polyps which are found during the procedure. Most polyps can be removed by using instruments passed through the colonoscope. Small tissue samples (biopsies) of the bowel may also be taken.

Afterwards

You will be taken to the recovery area to rest until the effects of the sedative have disappeared. This will generally take 1 – 2 hours. However, you must not drive a car, sign important legal documents or work with dangerous machinery for 24 hours after the procedure. If you have severe abdominal pain, fever, bleeding or other new symptoms after the procedure then you should mention this immediately to the staff in recovery. It is also possible that these symptoms might develop a few days after the procedure and if this is the case then you should contact your doctor immediately for advice. When you are fully awake, you will be informed of the results of the test.

Safety/Risks

Serious complications of colonoscopy are uncommon, occurring in about 1 in 1000 examinations. The more serious complications include bowel perforation, bleeding from the bowel or injury to the spleen. Occasionally, these complications may require treatment by blood transfusion or surgery. Sometimes, there can be intolerance of the bowel preparation solution or a reaction to the sedative used. Whilst colonoscopy is the most accurate test for detecting bowel cancer, occasionally small lesions are not detected. In a few cases, if the colonoscopy is not successfully completed it may need to be repeated.