

COLONOSCOPY

This is a procedure where a flexible scope is introduced into your bottom and into the colon to examine the mucosa ('skin'). Biopsies may be taken for examination by a pathologist. The examination may also reveal polyps - growths from the mucosa. Some polyps can become cancerous so, unless they are very large, they are usually removed during the colonoscopy ('polypectomy') which is simpler and safer than by an operation.

Before the procedure you will be given sedation; this is not an anaesthetic but it will make you very sleepy. Most patients have no recollection of the procedure but we cannot guarantee this. Patients often get a painkilling medicine to minimise any discomfort.

There is a small risk of complications from a colonoscopy, these include bleeding (0.2%) which potentially may require a blood transfusion, perforation of the bowel (0.1%) which could require surgery and sedation complications.

MEDICATIONS

Please bring a usual medications list, including any allergies. Take your usual medications at least 2 hours *before* you are due to attend the hospital. Do not take anti-diarrhoea or codeine tablets in the 3 days before the procedure. Stop **Iron** tablets 1 week before.

If you take blood thinning medicines such as *Warfarin, Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Apixaban (Eliquis), Clopidogrel (Plavix, CoPlavix), Iscover, Ticagrelor (Brilanta)*; these may need to be stopped for a suitable period before your procedure. Please discuss this with your GP and/or Cardiologist before doing so. Please contact us on 9370 9329 for further information. Otherwise continue your usual medication. *Aspirin* can be continued.

Diabetic medications

Insulin: do not take any short acting insulin. If you are on long acting insulin only take half your usual dose the night before your procedure. Check your blood sugar in the morning, you may have lemonade if it is low. Don't take Diabetes tablets on the day of the procedure. Some new types of diabetic tablets must be stopped for 2 days before the colonoscopy (eg Forxiga, Jardiance, Xigduo, Qtern, Glyxambi and Jardiamet). Seek advice from your GP.

AFTER THE COLONOSCOPY

Due to the sedation, you will be kept under observation until you wake up sufficiently to leave hospital. The sedative may affect your judgement and reflexes for at least 12 hours. Therefore you must not drive or use public transport, use machinery or make important decisions during this period. Please arrange for someone to collect you after the examination. Hospital staff will contact your driver 30 mins before you are due to be collected. You will also need someone to stay with you overnight.

After the colonoscopy, you may have pain from bowel gas. If a polypectomy was performed this may cause pain and there may be a little blood in the first bowel action. If you have severe pain or prolonged bleeding, please consult either the colonoscopist, the hospital where you had your procedure or your local doctor. If you have severe symptoms you may need to attend your nearest emergency department; bring your procedure report with you.

Clinics and Endoscopy Services

St John of God Mt Lawley Hospital, Thirlmere Road, Mt Lawley 6050
Joondalup ENT, 8/189 Lakeside Drive, Joondalup 6027

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BOWEL PREPARATION FOR COLONOSCOPY – AM LIST

For patients under 70 years

You need to obtain from your chemist three sachets of Picosalax (no prescription required).

FROM 3 DAYS BEFORE THE COLONOSCOPY:

Eat a **low residue diet** eg: White bread (not the high fibre type), eggs, chicken (without skin), pasta/rice/noodles (without sauce), Rice bubbles, Honey/Vegemite, Sugar/Salt. **PLUS:** plenty of **clear fluids** eg: water, black coffee/tea, soft drinks, cordial (not red or green), fruit juices without pulps (strained), 'Sports Drinks' (eg *Gatorade* – not red, green, blue or purple), clear soup, plain jelly (not red or green). Barley sugar, sweets may also be eaten.

AVOID nuts, grains, seeds, wholemeal bread, Vegetables, Fruits, beans, lentils, cereals.

THE DAY BEFORE COLONOSCOPY:

Please take clear fluids only (as above) about one glass of fluid per hour. **No solid food.** You will need to take the Picosalax to clear the bowel contents. You should have ready access to a toilet during the following stage of your preparation.

5 PM Drink one of the sachets of Picosalax mixed with 150mls of water.

8 PM Drink the second sachet of Picosalax mixed with 150mls of water.

If you can't take the first dose at 5pm you may start later (but no later than 7pm). You must take the second sachet at least four hours after taking the first. The Picosalax is easier to drink if chilled. After each sachet of Picosalax you should drink 500-1000mls of clear fluids.

THE DAY OF THE COLONOSCOPY

4 AM Drink the final sachet of Picosalax mixed with 150mls of water followed by 750mls clear fluids. 3 hours before admission time: **FAST** – no food or drink.

You are not allowed to eat anything today. If any problems with your bowel preparation, please contact our rooms on 9370 9329 or contact the hospital.

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