

APPOINTMENT DETAILS:

DATE:

TIME:

ICD 10 Code:

**Procedure Codes: 1653 0074 0007 0075 or 0004
1587 0074 0075 0007**

PREPARATION FOR YOUR COLONOSCOPY

- Please follow the instructions carefully. The success of your examination depends on the bowel being as clear as possible.
- Patients are responsible for obtaining an authorisation number from their medical aid before the procedure.
- **SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY YOU AND DRIVE YOU HOME.**

WHAT TO DO:

Have a normal breakfast (10am)

Have a normal lunch (1pm)

Thereafter **FLUIDS ONLY** (ie. Black Tea / Coffee, Clear cup-a-soup, Bovril drinks, fresh fruit juices, Isotonic drinks (Energade), Jelly (green/yellow only), Beer/Wine permitted till 8pm.

NB: No solid food, peels or dairy products permitted. The aim is not to starve, but to have a clear bowel. Avoid seeds and pips 3 days prior to procedure. Remember to drink lots of fluid.

You have 3 sachets of PicoPrep:

For early morning procedure start at 1 pm:

For an afternoon procedure start at 4 pm:

- At your start time, dissolve the 1st sachet in a glass of warm water, cool with ice and drink this followed by a second glass of water.
- At 4pm/7pm (3 hours after your first sachet) dissolve the second sachet in the same way and drink followed by a glass of water.
- At 7pm/7am dissolve the last sachet as before and drink followed by a glass of water.

Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to two hours after the last dose.

NB: Drink a glass of water or clear fluids every hour until bedtime to facilitate the prep.

If you are having a colonoscopy alone, you can continue to drink clear fluids right up until the procedure.

If you are having a gastroscopy as well, please stop all solids 6 hours before (you should have stopped solids the day before) and all fluids at least two hours before the procedure.

If you wake with a headache in the night before the procedure, Panado is permitted.

Because of the diarrhoea, it is advisable to apply Fissan Paste/Vaseline to protect your bottom & wipe yourself with wet toilet paper or "wet wipes".

COLONOSCOPY OVERVIEW AND ADDITIONAL PROCEDURE INFORMATION

A colonoscopy is a day-case procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, or changes in bowel habit. Colonoscopy is also advised in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone aged 50 years or older, and persons with a family history of colon polyps or cancer should be screened at an age 10 years younger than it was diagnosed in the family member.

To complete a successful colonoscopy, the bowel must be cleansed so that the doctor can clearly view the inner lining of the colon. It is very important that you read and follow all the instructions for your bowel preparation well before the procedure.

During the colonoscopy the doctor will insert a long flexible endoscope into the rectum and will advance to the caecum (beginning of the colon). If necessary, pieces of tissue (biopsy) can be removed for testing and polyps can be identified and removed. The colonoscopy may allow accurate diagnosis and treatment of colorectal problems, without the need for a major operation. The colonoscope is disinfected between procedures.

Prior to commencing the colonoscopy, you will have an intravenous line inserted (“a drip”) and will be lying on your left side. A sedative and a pain-relieving drug will be administered; to make you more relaxed during the procedure. Your vital signs are monitored will be monitored throughout the procedure.

A colonoscopy lasts between 20 and 40 minutes on average, and afterwards you will be allowed to rest until fully awake. The procedure and recovery from sedation will take approximately 2 hours altogether.

You may feel slightly bloated and uncomfortable after the procedure, due to air introduced into your colon to improve visualisation. After the colonoscopy you may feel some cramping or a sensation of having gas, but this soon passes. Unless otherwise directed you may resume a light diet after the colonoscopy. Wait until the day after the procedure before resuming normal activities, e.g exercise. Avoid driving and operating machinery for 24 hours.

If polyps were removed or biopsies taken, avoid using aspirin and anti-inflammatory drugs for two weeks. Paracetamol (Panado, Tylenon, etc) may be used. Mild rectal bleeding may be noted for 1-2 days after the procedure. If heavier bleeding is encountered e.g clots of blood, or if you have severe abdominal pain, this must be reported immediately. If you are on anti-coagulants, eg. Warfarin or Plavix, and are unable to contact the doctor, report to the emergency department.

COLONOSCOPY PREPARATION MEDICATION:

The following is a guide, if unsure please contact our endoscopy nurse Carin at the practice.
021 531 0097

DIABETICS

If possible, please check your sugar levels the evening before and the morning of your colonoscopy.
Omit all diabetic medication the morning of the procedure.

WARFARIN

Stop 4 days prior to the procedure. If unsure whether you are allowed to stop medication, please check with your physician or cardiologist and have an INR check the morning of your procedure.
Please advise us if you have a metal heart valve replacement as antibiotics may be required.
After your colonoscopy, your doctor will advise when it is safe for you to restart the medication.

IRON TABLETS

Stop one week prior to the procedure.

PLAVIX

Please arrange a consultation prior to your endoscopy to receive individualised instructions.
Please advise us if you have a metal heart valve replacement as antibiotics may be required.

ALL OTHER ROUTINE MEDICATION CAN BE TAKEN THE DAY BEFORE AND THE DAY OF THE COLONOSCOPY.