

### PATIENT INFORMATION FOR COLONOSCOPY

Dear Patient,

Your Doctor has requested that you have a colonoscopy to assess whether you have any disease or abnormality affecting your colon (large bowel) - see diagram.

It is performed using a thin flexible tube and air insufflation, allowing the Specialist to clearly view the lining of your large colon (large bowel)

A colonoscopy is the only non-surgical procedure which allows for full visualisation of the lining of the bowel. It also allows the specialist to take biopsies &/or remove polyps.

**Biopsies (small pieces of tissue) may need to be taken to assist in the diagnosis of any abnormalities. Polyps which are small raised growths on the lining of the colon can be removed at the same time in most instances. Biopsies and/or polyps will be sent to the pathologist for histology examination (there may be a fee for this service) you may choose from South West, Dorevitch or Border Pathologies.**

You may take any regular medications with a sip of water the morning of your appointment unless you are taking diabetic or blood thinning medications eg. Warfarin / Aspirin, if so please contact your doctor or the Insight Clinic to discuss this.

An Anaesthetist or second medical practitioner will be present at the colonoscopy who will administer medication via an intravenous drip to make the procedure more comfortable and to observe and monitor your condition throughout the procedure.

Although some patients can recall a few happenings, most people remember very little until they are in the recovery room and the procedure is all over.

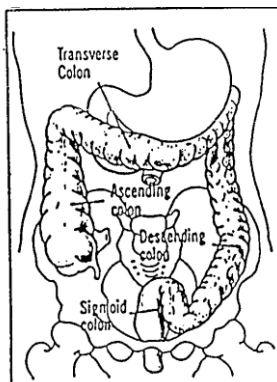
You will remain in the recovery room for approximately two hours or until you have been given some light refreshments and you are alert enough to be discharged. Experience has shown that discussion of the procedure for several hours after the sedation causes confusion and misinterpretation. Patients who have been referred direct to the Clinic will have their reports and results sent by their treating surgeon to their referring Doctor.

**Because you are sedated for the colonoscopy, you must arrange for a responsible adult to drive you home following your procedure. You are not to drive a vehicle or operate machinery for 24 hours post operation. The Specialists reserve the right to decline to perform procedures if proper arrangements have not been made.**

It is normal after the colonoscopy to feel some bloating and you may pass large amounts of wind. Walking will often relieve this discomfort.

Complications of this procedure are less than 1:1000. These may include bruising of the bowel from stretching during the procedure which may cause you discomfort for a few days. A small amount of bleeding from the colon may follow if you have a biopsy or removal of polyps. Rarely an adverse reaction to medication might necessitate a day or two in hospital and would usually settle without any specific treatment. More rarely still, it is possible for the lining to be pierced by the instruments used to cauterise a polyp, in this instance an operation may be necessary to correct the problem.

If you have any questions regarding the risks please discuss them with the Doctors.



Please sign below to indicate you have read the information and understand that there is a small risk with this procedure.

I .....have read the above and am willing to undergo a colonoscopy with sedation for that purpose.

Signed .....

**PLEASE BRING THIS SHEET WITH YOU ON THE DAY OF YOUR PROCEDURE**

## COLONOSCOPY PREPARATION WITH PICOPREP

Please go to your local chemist and purchase a package of **PICOPREP** containing 3 sachets. (Your Pharmacist should be able to help if you have any queries about the preparation). Please advise the office staff if you are elderly, frail, weigh under 45kg or have kidney impairment.

Your admission has been arranged for:

Date: .....

Time: ..... – Please call Insight Clinic between **10am and Midday** the day before your procedure to confirm your admission time.

**Please bring** your regular medications in their original packaging with you on the day of your procedure. If you are being referred by your GP please bring the Referral & provide a current list of your medications and your medical history, available from your GP. You may require pharmacy items, please bring your pharmaceutical benefits card if applicable.

To ensure a clear view for the doctor during the procedure, please follow these instructions. No seeds or nuts for 1 week prior to procedure. Eat a low residue diet for 2 days prior to prep day. This means no fruit or green vegetables, red or processed meats, wholegrain cereals or bread. Examples of low residue diet include chicken, fish, potato & pumpkin, smooth yoghurt, white bread.

- The **day before your procedure** you must not consume any solid food or milk products only **clear fluids**. Some examples of **clear fluids** include: jelly (except red or purple), apple juice, lemonade, sports drinks, clear cordials, black tea and coffee, bonox, broth. Drink a variety of examples, at least 3 litres (if tolerated) over the 24 hour period to avoid dehydration.

Please note that you will need to spend the day at home close to a toilet whilst taking the preparation because you may have diarrhoea-type symptoms.

If your colonoscopy is **scheduled for the morning**:-

- At 4pm the day before your procedure dissolve the entire contents of one sachet of the PICOPREP in a glass of warm water. (If preferred, this can be done in advance and the glass be placed in the refrigerator beforehand to chill – some clear juice/cordial can be added as desired). Drink the contents of the glass, followed by 2 glasses of water.
  - At around 6pm – drink the 2nd sachet of PICOPREP (as per the instructions listed above).
  - At around 8pm – drink the 3rd sachet of PICOPREP (as per the instructions above). Continue to drink clear fluids, (if you are awake overnight – only water may be consumed as desired up to 3 hours prior to your admission).
- You must fast NIL-BY-MOUTH for 3 hours prior to your admission to the clinic** – you will be offered light refreshments following your procedure.

If your colonoscopy is **scheduled for the afternoon**:-

The day before your procedure you may have an early light breakfast by 8.00am and then commence clear fluids.

- At 6pm the night before your procedure, drink the contents of the 1st sachet (as per the instructions above).
- At 8pm – drink the 2nd sachet (as per instructions above).
- On the morning of your procedure - 4 hours prior to your admission, drink the 3rd sachet of PICOPREP (as per the instructions listed above).

**You must fast NIL-BY-MOUTH for 3 hours prior to your admission to the clinic** – you will be offered light refreshments following your procedure.