

# PREPARATION FOR AFTERNOON COLONOSCOPY



CROSTELLA GASTROENTEROLOGY

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY

IF YOU EXPERIENCE SEVERE NAUSEA OR VOMITING PLEASE CONTACT CROSTELLA GASTROENTEROLOGY ON 9370 5662. IF IT IS AFTER HOURS PLEASE CONTACT THE HOSPITAL YOU ARE BOOKED FOR.

## BEFORE ADMISSION

- For SJOG Midland: 2 weeks prior to your admission please complete and return admission forms to SJOG Midland
- For Glengarry & SJOG Mt Lawley: please complete online admission form
- Arrange transport for discharge

- Iron supplements must be stopped 10 days prior to your procedure
- **Blood thinning drugs** (e.g. Clopidogrel, Plavix, Coplaxiv, Iscover, Warfarin, Xarelto, Ticagrelor, Pradaxa & Eliquis) **MUST BE STOPPED** for a suitable period before your procedure. Please discuss with your GP or cardiologist
- Aspirin may be continued
- **Diabetic medication:** SGLT2 drugs (e.g. Invokana, Farxiga, Jardiance, Glyxambi, Sybjarly & Xixduo) **MUST BE STOPPED** at least 3 days before your procedure. Please discuss with your GP.

## 3 DAYS BEFORE THE COLONOSCOPY

- Purchase 1 Box of Plenvu from your pharmacy
- If you are prone to constipation take 1-2 sachets of Movicol
- Start the low residue diet below

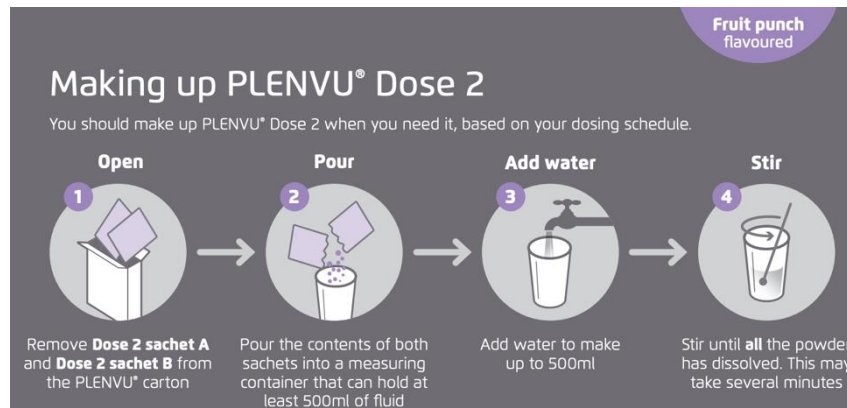
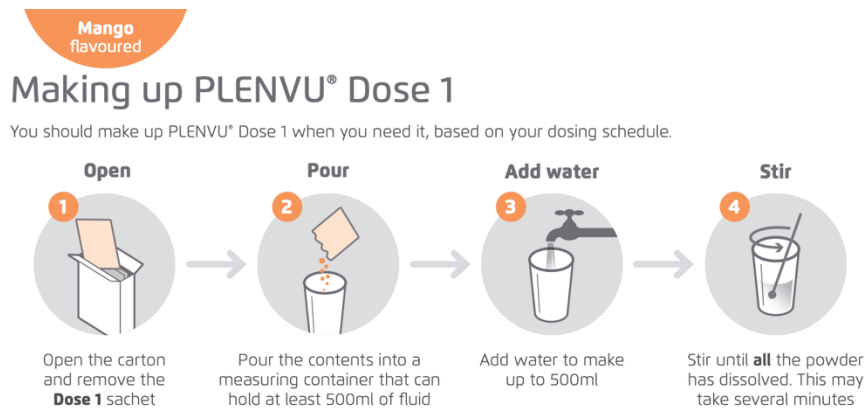
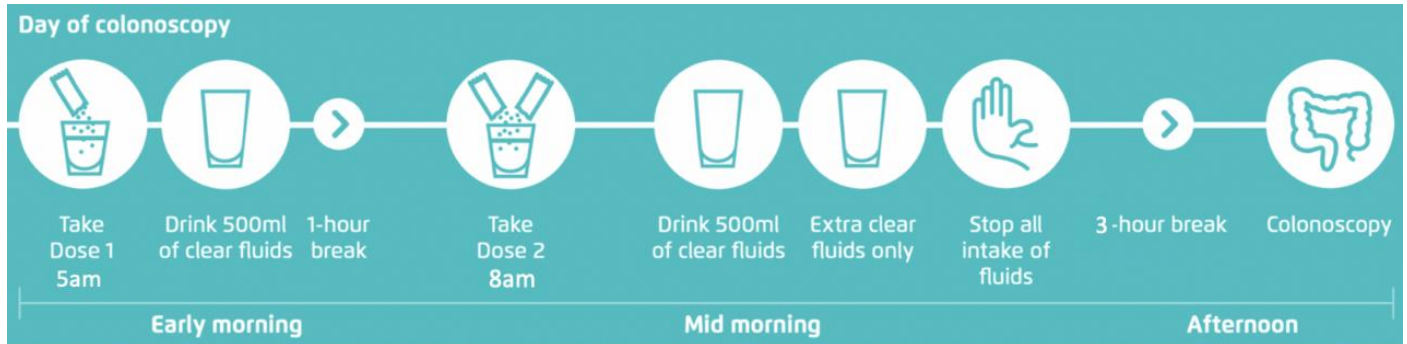
AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal rice or pasta, cereals, muesli, muesli bars, oats/ porridge	English muffins, croissant, French toast, plain white bread/ toast, panini, cornflakes, rice bubbles, white flour, white rice or pasta
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion), plain meat or steak and bacon pies, tofu
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions, legumes (baked bean, kidney beans, lentils, barley, split peas), all fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple or pear), strained vegetable juice, skin free pumpkin and potato, potato salad with mayonnaise and egg
Coconut, dried fruit, nuts, sultanas, raisins, seeds, fruit yoghurt, Sustagen, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
James and marmalades with skins, seeds or peel, peanut butter, mustard, relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS (e.g. Metamucil, Normafibre, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel)	Include at least 6-8 glasses of fluid per day (e.g. strained broths, clear soups, beef tea, soup cubes, water, soda water, tea, coffee, cordial, Milo)

## DAY OF THE COLONOSCOPY

- Nothing to eat, no milk products, CLEAR FLUIDS only
- Take usual morning medication (except those ceased prior to colonoscopy)

## Clear fluids include:

- Water
- Black tea or coffee
- Clear soup or soup cubes
- Yellow or orange jelly
- Lemon or orange cordial
- Beef broth
- Sports drinks (Gatorade or Powerade); NO red, green, purple or blue
- Pulp free orange juice or clear apple juice



## ADMISSION

- Please arrive at admission at the time stated on your letter as 'time of admission'
- Please bring the following with you: Medicare, health care, health fund and blood group cards (if applicable), relevant x-rays and scans
- Please allow 3-5 hours in hospital

## ON DISCHARGE

- Medical Certificates can be requested from Dr Crostella on the day of your procedure
- You **MUST NOT** drive yourself home, an adult must collect you from the Endoscopy Unit