



## PREPARATION FOR A MORNING COLONOSCOPY

This document is a guide on how to prepare for your colonoscopy. It will go through the steps you need to take to ensure your bowel is perfectly clean so that the doctor has clear images during the colonoscopy. If the bowel is not clean enough the doctor may miss something, or you may need to repeat the process on another day.

If you experience severe nausea or vomiting at any time during your bowel preparation, please contact WA Gastroenterology Service on 9370 5662. If it occurs after hours, please contact the hospital you are booked for.

This guide will outline the days leading up to the colonoscopy, and what should be done on each allocated day. Please follow the guide day-by-day when you are preparing for the colonoscopy. The preparation commences **3 days prior** to your booked colonoscopy.

As soon as possible

- If your colonoscopy is at SJOG Mt Lawley, Glengarry or Hollywood, please complete the online admission form (please see body of the email for relevant link).
- You may need to stop taking some medication before the colonoscopy (please see attached letter for more information).
- Purchase 2 sachets of Movicol and 1 box of Plenvu from your pharmacy (no script required)

3 days before colonoscopy

3 days before your colonoscopy you must **only** eat a low-residue diet. Please see below for details on what you can eat, and what foods to avoid.

### ALLOWED

- English muffins, croissant, French toast, plain white bread, cornflakes, rice bubbles, white flour rice or pasta
- Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries, tofu
- Clear strained fruit or vegetable juice, skin free pumpkin or potato
- All milks, plain yoghurt, cheese, sour cream, butter, margarine, oil, mayonnaise, vanilla ice-cream, custard
- Vegemite, honey, lemon butter, cheese spread
- Include at least 6-8 glasses of clear fluids

### AVOID

- Wholegrain bread, fibre-enriched white bread, wholemeal rice or pasta, cereals, muesli, muesli bars, oats/ porridge
- Casseroles or dishes containing vegetables
- All fruits and vegetables (including onion), except those mentioned above
- Lentils, kidney beans, baked beans, barley, split peas, chickpeas
- Coconut, dried fruit, nuts, sultanas, raisins, seed, fruit yoghurt
- Peanut butter, mustard, relishes, jams/ marmalades containing skins, seeds, or peels
- All fibre supplements (e.g. Metamucil, Normafibre, Psyllium)

2 days before  
colonoscopy

- **All day:** Continue the low-residue diet.
- **8pm:** Take 2 sachets of Movicol. (This is only a stool softener and may not activate your bowel motions)

1 day before  
colonoscopy

- **7am:** Have a light breakfast
- **8am:** **STOP** all intake of food- you may **only** have clear fluids from now until after the colonoscopy.

#### CLEAR FLUIDS

- Water
- Black tea or coffee (no milk)
- Clear, strained broth/ soups
- Jelly (yellow or orange jelly only)
- Sports drinks (NOT red, blue, or purple)
- Clear fruit juice
- Lemon or orange cordial

- **6pm:** Drink 1<sup>st</sup> dose of Plenvu (make up Plenvu according to packet instructions) over 1 hour with using a straw.
- Drink at least 500mL of clear fluid. Please continue to drink regular clear fluids as it is important to stay well hydrated during the preparation process.

**Make up the second dose of Plenvu according to the packet instructions before going to bed place in fridge overnight.**

Day of  
colonoscopy

- **DO NOT TAKE YOUR USUAL MORNING MEDICATIONS.** Please bring it with you to take after the procedure.  
**A glass of clear apple juice before the second dose can help tolerability**
- **5am:** Take 2<sup>nd</sup> dose of Plenvu with straw and alternate with clear fluids over 1 hour.  
Drink 500mL of clear fluid. (NB if your admission time is 7am or 7.15am, this will be not quite 2 hours prior to admission which is acceptable)
- **2 hours prior to admission time: STOP** drinking clear fluids. You cannot have anything to drink from this time.

## Colonoscopy

- Please present to the admission desk at the time stated on your letter as 'time of admission'.
- Please bring your Medicare card, health care card and private health fund card with you.

## Discharge

- You will be discharged 3-5 hours after you admission time.
- If you require a medical certificate, please request one from your doctor on the day of your procedure.
- You **MUST NOT** drive yourself home. An adult must collect you from the endoscopy unit.

## FREQUENTLY ASKED QUESTIONS

**How much time does a colonoscopy take?** The colonoscopy itself takes approximately 15-30 minutes. However, you will be at the hospital for 3-5 hours to allow for the admission process, the colonoscopy and for observation by nursing staff after the procedure and sedation.

**Will I have an anaesthetic?** No, you will not have a general anaesthetic. You will have light sedation, meaning you will be unaware of the procedure and will minimise any discomfort. If you have further questions/ concerns, please discuss this with the anaesthetist on the day of the colonoscopy.

**Can I drive home after?** No, you cannot. Because of the sedation you will need to be driven home by a responsible adult.

**When can I go back to work?** A colonoscopy is normally a day procedure, meaning you will arrive and depart on the same day. You will be able to go to work the day after your colonoscopy. However, you should not make important legal decision or operate heavy machinery for 24 hours after your procedure.

**Why is effective bowel preparation important?** A colonoscopy is a long, flexible tube with a camera on the tip. The camera can't see through faeces or debris. Any faeces or debris left in the colon may mean a polyp or even a small cancer is missed. Your colonoscopy may last longer if your bowel is not clean. You may have to return for a repeat colonoscopy with extra bowel preparation in some cases.

**Are there certain medications I should stop taking before my colonoscopy?** Yes. Medications such as blood thinners must be stopped, as they may cause excessive bleeding when a polyp is removed. Your doctor may be unable to remove polyps in this situation. Certain diabetic medications must also be stopped as they can cause severe issues with blood sugars during the procedure. You should not decide to stop these medications on your own- **always** discuss if it is safe to stop a medication with the doctor who has prescribed it. Please see the list of medications in your cover letter.

**What time do I need to be at the hospital?** The time stated on your cover letter as ‘admission time’ is the time you should arrive at the admissions area of the hospital. Please do not come earlier as you will not be admitted before the time allocated.

**What do I do if I feel unwell during the bowel preparation?** Slow down drinking, use a straw and make sure Plenvu is cold. Alternate 1 sip clear fluids / 1 sip Plenvu.

If you experience severe nausea or vomiting at any time during your bowel preparation, please contact WA Gastroenterology Service on 9370 5662. If it occurs after hours, please contact the hospital you are booked for.

## Bowel Preparation Quality

Poor or incomplete visualization of the colon reduces the yield of screening colonoscopies and increases health care costs, due to longer procedure times and aborted procedures.



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