Instructions regarding your hospital admission

Prior to your procedure, please...

- Complete your hospital pre-admission booklet (which will be provided by the Clinic) and return the relevant page/s to Cabrini in the enclosed pre-paid envelope
- Forward your referral letter to Malvern Proctology & Colonoscopy in a separate envelope
- Ensure you have carefully read your bowel preparation instructions (detailed later in this Fact Sheet)
- Advise our office if you require a Medical and/or Carer’s Certificate for the day of your procedure
- Advise our office of any blood-thinning medications you are taking, including Warfarin (Coumadin, Marevan), Clopidogrel (Iscover, Plavix), Pradaxa and Xarelto as it might be necessary to cease them prior to your procedure. The timing for this should be discussed with our office, and approval given by your GP or prescribing doctor prior to cessation.

Other considerations regarding your hospital admission...

- If a polyp is removed from the bowel, there is a rare complication of major secondary haemorrhage, which can occur at any time in the fortnight after the procedure. On that basis, any prolonged air travel within Australia or overseas could represent a significant risk if such bleeding was to occur. The timing of a colonoscopy examination should be made with this consideration.
- Malvern Proctology and Colonoscopy participates in the Gap Cover Scheme with most health funds. Please check your health insurance eligibility. If you have a lower or basic level of health cover, please check your eligibility for gap cover payments to doctors. If you are not eligible, please advise our office as soon as possible, as there may be a gap amount payable, and a formal estimate will need to be prepared.

Instructions regarding your hospital discharge

The policy of Cabrini for discharge of Day Procedure patients is based on recommendations from the ANZ College of Anaesthetists, the Australian Day Surgery Nurses Association and Austroads.

Colonoscopy, gastroscopy and other procedures performed in the Day Procedure Unit by Professor Polglase will usually involve deep sedation or a short anaesthetic.

As a result:

- A support person should be available with the patient for a minimum overnight. This support person should be over 18 years, be able to understand instructions regarding the patient’s postoperative discharge care, and be able to obtain medical assistance if required.
- A responsible adult should accompany the patient home. Taxi drivers are not considered to be responsible adults as they are not expected to take the patient beyond the footpath.
- The patient must not drive a vehicle, motorbike or bicycle on the day of the surgery. Not only is it dangerous to do so, but will have legal and insurance implications in the event of an accident. The patient is considered fit to drive after a normal night’s sleep.
- Where a patient has received only local anaesthetic or no anaesthetic, he or she may be discharged unaccompanied unless otherwise contraindicated by the specific surgical procedure.
- In the event that the patient is unable to comply with this discharge policy due to social or other reasons, alternative arrangements must be considered, and our office should be informed 48 hours prior to the proposed procedure. If that is not done, it is possible that the procedure may have to be postponed until another time (despite the inconvenience and dislocation this might cause).
FACT SHEET
Preparation for colonoscopy

Morning Colonoscopy Instructions – PREPKIT C

Please note, this kit is obtained from your local, or Cabrini, pharmacy – and does not need a prescription.

THIS KIT CONTAINS:
1 x GLYCOPREP-C 70g sachet
2 x PICOPREP 15.5g sachets

Preparation instructions for morning colonoscopy

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

PLEASE FOLLOW THESE INSTRUCTIONS ONLY – IGNORE THE INSTRUCTIONS ON THE PREPKIT- C KIT

Two days before the examination

• Stop eating meat, brown bread, cereals, fruit or vegetables. Do not eat foods containing seeds.

• You may eat eggs, cottage cheese, plain yoghurt, white bread, white fish, chicken well cooked and peeled pumpkin or potato. You may have clear jelly, milk and drink plenty of approved clear liquids. Some suggested recipes are included in this Fact Sheet.

• Approved clear liquids are: water, clear broth/bouillon, clear fruit juices, plain jelly (not red or purple), Black tea or coffee, sports drinks (not red or purple), clear fruit cordials (not red or purple), clear salty fluids (chicken soup), Lucozade.

One day before the examination

• You may have breakfast in accordance with the aforementioned diet and approved clear liquids as needed throughout the day (no milk products after breakfast).

• Prior to commencing PREPKIT C add entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250ml) and stir until dissolved. Place in refrigerator to chill. The second sachet of PICOPREP can then be added to a glass of warm water (approx 250ml) and stirred until dissolved, and placed in refrigerator to chill.

• Dilute entire pack of GLYCOPREP-C 70g in a litre of warm water and stir until dissolved. This can be made up in the morning or earlier in afternoon and also placed in the refrigerator to chill.
Preparation for colonoscopy

Morning Colonoscopy Instructions – PREPKIT C

Please note, this kit is obtained from your local, or Cabrini, pharmacy – and does not need a prescription.

First dose – 4pm
Drink one glass of PICOPREP mixture slowly but completely. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

Second dose – 5pm
You should drink a glass of the GLYCOPREP every 15 minutes. Total intake time should take 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. A drinking straw can often be helpful.

Third dose – 6pm
You should now drink the second glass of PICOPREP. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

Day of examination
Colonoscopy only
You may continue approved clear liquids (no more than 200ml per hour, no milk, soups or jellies) until 5am on the day of your procedure. Arrive at the hospital at the scheduled admission time.

Colonoscopy and Gastroscopy (endoscopy via mouth)
As above, but do not eat or drink anything for 6 hours prior to the scheduled admission time.

SOME SUGGESTED RECIPES FOR YOUR PRE-COLONOSCOPY DIET

Important note: These suggestions are for the preparation that starts TWO DAYS PRIOR to your procedure. ALL food consumption should be ceased after breakfast on the DAY PRIOR to your procedure.

Savoury Ricotta Fritters
Mix ricotta, eggs and garlic salt. Shape into patties and cover with fresh white breadcrumbs. Dry fry.

Fish & Mashed Pumpkin
Dip fish in beaten eggs, cover with fresh breadcrumbs. Cook & mash pumpkin. Serve with a dob of yoghurt.

Omelette
Beat eggs with ricotta and add some poached chicken. Cook omelette.

Poached Asian Chicken & Mashed Potato
Chicken stock, Kaffir lime leaves, fresh ginger, garlic, palm sugar & fish sauce. Add chicken breasts to the cold, flavoured chicken stock, bring to boil very slowly and turn off. Rest the dish for 10 minutes and serve with mashed potatoes.

If you have any questions regarding your procedure or colonoscopy preparation, please contact Malvern Proctology & Colonoscopy on (03) 9509 8233 during business hours, or email info@malvernpc.com.au
Preparation instructions for afternoon colonoscopy

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated. PLEASE FOLLOW THESE INSTRUCTIONS ONLY – IGNORE THE INSTRUCTIONS ON THE PREPKIT-C KIT

Two days before the examination

• Stop eating meat, brown bread, cereals, fruit or vegetables. Do not eat foods containing seeds.

• You may eat eggs, cottage cheese, plain yoghurt, white bread, white fish, chicken well cooked and peeled pumpkin or potato. You may have clear jelly, milk and drink plenty of approved clear liquids. Some suggested recipes are included in this Fact Sheet.

• Approved clear liquids are: water, clear broth/bouillon, clear fruit juices, plain jelly (not red or purple). Black tea or coffee, sports drinks (not red or purple), clear fruit cordials (not red or purple), clear salty fluids (chicken soup), Lucozade.

One day before the examination

• You may have breakfast and lunch in accordance with the aforementioned diet — up until 1pm. During the day, drink as many glasses of the approved clear liquids as needed (no milk products after lunch).

• Prior to commencing PREPKIT C add entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250ml) and stir until dissolved. Place in refrigerator to chill. The second sachet of PICOPREP can then be added to a glass of warm water (approx 250ml) and stirred until dissolved, and placed in refrigerator to chill.

• Dilute entire pack of GLYCOPREP-C 70g in a litre of warm water and stir until dissolved. This can be made up in the morning or earlier in afternoon and also placed in the refrigerator to chill.
FACT SHEET

Preparation for colonoscopy

Afternoon Colonoscopy Instructions – PREPKIT C

Please note, this kit is obtained from your local, or Cabrini, pharmacy – and does not need a prescription.

**First dose – 5 pm**
Drink one glass of PICOPREP mixture slowly but completely. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

**Second dose – 7 pm**
You should drink a glass of the GLYCOPREP every 15 minutes. Total intake time should take 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. A drinking straw can often be helpful.

**Day of examination**
**Third dose (either 6am or 7am – see below)**
7am – for Colonoscopy only
You should now drink the second glass of PICOPREP. This should be followed by at least two glasses of water or approved clear liquids over the next hour.
You may continue approved clear liquids (no more than 200ml per hour, no milk, soups or jellies) until 11.30am on the day of your procedure. Arrive at the hospital at the scheduled admission time.

6 am – for Colonoscopy and Gastroscopy (endoscopy via mouth)
You should now drink the second glass of PICOPREP. This should be followed by at least two glasses of water or approved clear liquids over the next hour.
Do not eat or drink anything for 6 hours prior to your scheduled admission time.

**SOME SUGGESTED RECIPES FOR YOUR PRE-COLONOSCOPY DIET**

**Important note:** These suggestions are for the preparation that starts TWO DAYS PRIOR to your afternoon procedure, up until 1pm on the day before your colonoscopy.

**Savoury Ricotta Fritters**
Mix ricotta, eggs and garlic salt. Shape into patties and cover with fresh white breadcrumbs. Dry fry.

**Fish & Mashed Pumpkin**
Dip fish in beaten eggs, cover with fresh breadcrumbs. Cook & mash pumpkin. Serve with a dob of yoghurt.

**Omelette**
Beat eggs with ricotta and add some poached chicken. Cook omelette.

**Poached Asian Chicken & Mashed Potato**
Chicken stock, Kaffir lime leaves, fresh ginger, garlic, palm sugar & fish sauce. Add chicken breasts to the cold, flavoured chicken stock, bring to boil very slowly and turn off. Rest the dish for 10 minutes and serve with mashed potatoes.

If you have any questions regarding your procedure or colonoscopy preparation, please contact Malvern Proctology & Colonoscopy on (03) 9509 8233 during business hours, or email info@malvernpc.com.au