

# Endoscopy Auckland

**If you are not a previous patient, please ensure you have returned your Patient Particulars form.**

## PREPARATION FOR COLONOSCOPY AND GASTROSCOPY

### **YOUR APPOINTMENT IS:**

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Arrival time: \_\_\_\_\_

***Please adhere to instructions given by Endoscopy Auckland instead of instructions given with PICOPREP.***

A colonoscopy is a visual examination of the bowel using a narrow flexible telescope. It is an important examination used for the diagnosis and treatment of bowel conditions. To obtain good views of the bowel lining, the bowel must be completely empty. This is achieved with the help of a preparation called **PICOPREP**, available at your chemist. You will need to contact your chemist at least 4 days prior to your appointment to ensure they have the PICOPREP available for you. (You will need two (2) 15.5g sachets of PICOPREP).

The gastroscopy is also a visual examination using a narrow flexible telescope to view the stomach and its lining. If you suffer from any medical condition that may require specialised information or treatment during preparation/procedure, please contact Endoscopy Auckland for advice.

### **MEDICATIONS:**

If you are taking Iron tablets please discontinue them one (1) week prior to the test.

If you are taking Aspirin, Cartia, Warfarin or any other anti-coagulant tablets regularly, please advise Endoscopy Auckland beforehand.

If you are a diabetic it is important to notify Endoscopy Auckland, as there are special instructions for preparation.

You can take all other usual medications 4 hours prior to beginning or 4 hours after completing PICOPREP to allow for absorption.

### **THINGS TO DO PRIOR TO YOUR APPOINTMENT**

You are advised to contact your medical insurance company to obtain a prior approval number or letter. This makes payment easier.

Organise a family member or friend (or a taxi) to drop you at Endoscopy Auckland and collect you approximately 1½ hours after your appointment time.

**Because a sedative is used it is very important you DO NOT drive or operate machinery or dangerous appliances, on the day of the procedure.**

### **THINGS TO BRING WITH YOU TO YOUR APPOINTMENT**

Any x-rays and/or barium studies relevant to your examination (if available).

Your medications or a list of them.

Your medical insurance prior approval number or letter (if relevant).

### **ACCOUNTS ARE PAYABLE AT THE COMPLETION OF THE PROCEDURE (if no prior approval has been obtained)**

If for some reason you also require antibiotics (you will be told at the time) there is an extra cost of between \$5.00 - \$55.00.

## **TWO DAYS BEFORE EXAMINATION:**

- Begin *low fibre* diet (see back page of this leaflet for guidelines).

## **DAY BEFORE EXAMINATION:**

- **STOP ALL SOLID FOOD until after your procedure** - drink only *clear fluids* (see back page) for breakfast, lunch and dinner.

**PLEASE NOTE:** The following times are a guide. There should be at least 6 hours between each sachet.

### **12:00 Noon**

- Add entire contents of one 15.5g sachet of PicoPrep to one glass of warm water (approx 250ml) stir until completely dissolved. Prepare earlier and chill if preferred.
- Drink mixture slowly but completely.
- Follow with several glasses of *clear fluids* - at least one glass (250ml) per hour, more if desired, to maintain hydration throughout your body.

### **7:00pm (evening)**

- Add entire contents of one 15.5g sachet of PicoPrep to one glass of warm water (approx 250ml) stir until completely dissolved. Prepare earlier and chill if preferred.
- Drink mixture slowly but completely.
- Follow with several glasses of *clear fluids* - at least another four glasses (approx 250ml each) of *clear fluids* before retiring, more if desired, to maintain hydration throughout your body.

***Clear fluids are encouraged. During your preparation it is important to drink plenty of clear fluids.***

**Note:** If you have a dry mouth or feel dehydrated, drink more fluids or water with one teaspoon of sugar and half teaspoon salt per glass.

## **DAY OF EXAMINATION - URE PROBLETON OFOOD TODAY**

- **FOR A MORNING APPOINTMENT:**  
**STOP ALL FLUIDS FROM MIDNIGHT**
- **FOR AN AFTERNOON APPOINTMENT:**  
**STOP ALL FLUIDS SIX HOURS BEFORE APPOINTMENT**

**Note:** Because this preparation will cause multiple bowel motions it is advisable that you remain within easy reach of toilet facilities, therefore you may be more comfortable in your home environment. Individual responses to laxatives do vary - the preparation often works within 30 minutes but may take up to three hours.

**ONLY BY CARRYING OUT THE PREPARATION AS ABOVE WILL THE BOWEL BE CLEAN ENOUGH FOR THE PROCEDURE TO BE CARRIED OUT.**

Do not hesitate to telephone **Endoscopy Auckland** if you have any queries or doubts about this appointment or about the preparation.

## SUGGESTED DIET BEFORE COLONOSCOPY

### LOW FIBRE DIET

Rice bubbles, or cornflakes (use reduced fat milk only)  
Eggs (not fried), omelettes, plain tinned spaghetti  
White bread or toast (not high fibre)  
Plain crackers (not wholemeal or multigrain), plain scones (no sultanas, dates), plain biscuits (Arrowroot or Wine)  
Butter, margarine, cheese  
Honey, marmalade  
Marmite, Vegemite  
Fish, skinless chicken (not fried or highly seasoned)  
White rice, plain pasta, skinless potatoes or kumara

**NO fruit, vegetables, pips, seeds, red meat, brown bread, muesli.**

### CLEAR FLUIDS

*You are encouraged to drink as much clear fluid as possible to help clear your bowel and prevent dehydration. For comfort or to give variation of taste, try alternating clear fluids during your bowel preparation.*

Water  
Lemon flavoured energy drinks, colourless cordials and carbonated drinks  
Strained fruit juice, some soups (e.g. strained chicken noodle)  
Lemon ice blocks, light coloured jellies, barley sugars, boiled sweets  
Tea and coffee – you may use a little reduced fat milk if you wish but do not consume milk based products like latte, cappuccino or yoghurt

**NO highly coloured (i.e. red, purple, green) drinks.**

### PLEASE NOTE:

If you are feeling nauseous, gingerale may help due to its natural anti-nausea properties.  
It is not unusual to feel cold or bloated when drinking the bowel preparation. Wear warm comfortable clothing and try short walks to help alleviate bloating. Vaseline can be wiped around the anus to reduce discomfort during bowel cleansing. It is important to drink **the full amount** of bowel preparation to achieve adequate cleansing of the bowel.

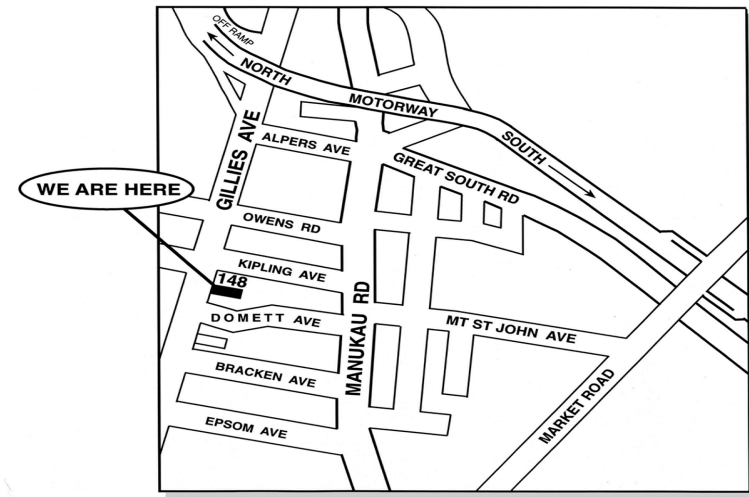
*Please contact Endoscopy Auckland if you require further assistance.*



**ENDOSCOPY**

**AUCKLAND**

## Instructions using PICOPREP for Colonoscopy & Gastroscopy



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