

# PREP KIT ORANGE BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY

## IMPORTANT

### Prep Kit- Orange

Please purchase a Prep Kit Orange from your local pharmacy or Dr Lee's consulting suites.

(1 x 70g Glycoprep sachet and 2 x 15.5g Picoprep Orange sachets)

**Please disregard the instructions on the Prep Kit packet and follow the instructions below.**

To successfully perform a high quality colonoscopy, the bowel (colon) needs to be adequately cleansed to ensure the inner lining can be thoroughly examined. Good bowel preparation results in shorter procedure times, better views of the colon, higher detection rates of polyps and improved health outcomes. Please adhere to the following instructions prior to your procedure.

### Special Information

You will be given sedation (anaesthetic) for the procedure and you will be unable to drive or sign any legal documents for 24 hours after your procedure. You must have a responsible adult drive you home and someone to stay with you overnight. Public transport or taxi cannot be used unless there is an escort.

**ATTENTION:** your procedure may be cancelled if arrangements have not been made prior. Please contact Dr. Lee's office if this is not possible as we may need to reschedule your appointment or organise alternative arrangements.

### Medications

Except for blood thinning medications and diabetes related treatment, **please take all your usual medications with small sip of water on the morning of your procedure.**

**Aspirin should not be withheld.**

**Blood Thinning medication instructions:**

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**Diabetes management instructions**

Insulin:

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Medications:

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Please contact Dr Lee's rooms on **1300 236 238** if you have any concerns prior to your procedure.

Bowel preparation begins with a low fibre diet for **three days prior** to the procedure. Choose foods from the low fibre options during this period.

Food Group	 CHOOSE LOW FIBRE	 AVOID HIGH FIBRE
<b>Bread &amp; Cereals</b>	White bread and rolls White rice and pasta Refined breakfast cereal (e.g. Rice Bubbles, Cornflakes, Special K) White flour, plain cakes (e.g. sponge) Refined biscuits (e.g. milk arrowroot)	Wholemeal/wholegrain bread Brown rice and wholemeal pasta High fibre cereals (e.g. Sultana Bran, muesli, Weetbix Vitabrits) Whole flour Fruit cake Biscuits with nuts Fruit coconut Oatmeal Pastries
<b>Fruit &amp; Vegetables</b>	Remove all skin and seeds first Ripe bananas Stewed or tinned apples, pears or peaches Pawpaw Boiled or mashed potatoes Pumpkin, carrot, squash, choko, cauliflower tips, asparagus tips or zucchini Lettuce	Avoid all other fruit and vegetables
<b>Meat</b>	All plain meat, chicken and fish, eggs	Pies, fatty and fried meat, highly seasoned meat
<b>Dairy Foods</b>	Milk, mild cheese, plain yoghurt	Yoghurt with seeds/ fruit, strong cheese
<b>Other Foods</b>	Oil, margarine or butter All drink Salt, pepper, spices, honey, sugar Vegemite, Promite Plain chocolate Gravy, mayonnaise and vinegar	Jam, marmalade Popcorn, seeds, nuts Peanut butter Chocolate with fruit or nuts

## Prep Kit Orange Instructions for a Morning procedure

### What to do the day before your procedure?

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**7:00am** - You may have breakfast as per the Low Fibre Diet instructions. This will be your last solid meal until after the procedure. You must take all your morning medication unless otherwise specified by a medical professional.

**8:00am to 5:00pm** - Drink a minimum of 3 litres of CLEAR fluids to ensure adequate hydration for your procedure. Please avoid anything that is RED or PURPLE in colour. Examples of clear fluids you can have are:

Water, water ice blocks, strained juice, clear soup, cordial, jelly, soft drinks, Jubes, Jelly beans, barley sugar, sports drinks, black tea or Coffee - NO MILK

**5:00pm** - You may take your medications unless advised by a health professional

**6:00pm** - Dissolve one packet of PicoPrep Orange powder in one glass (250ml) of tap water (you can pre-prepare this earlier and chill it if you prefer). You must drink this glass followed by 4 glasses (250ml each) of water. It is essential that you drink this water as this will prevent dehydration. You may take your usual evening medications unless advised by a health professional.

#### **DO NOT ADD ANYTHING TO THE PICOPREP SOLUTION**

**8:00pm**- Dissolve one packet of PicoPrep Orange powder in one glass (250ml) of tap water (you can prepare it earlier and chill it if you prefer). You must drink this glass followed by 4 glasses (250ml each) of water. You must ensure that you drink this water as this will prevent dehydration.

This will produce frequent (over 10 times) bowel movements. Occasionally, a few patients may experience nausea. If this happens, stop drinking the prep for 20 minutes, go for a brief walk and then start slowly again. If vomiting occurs, go to your local GP/after hours GP for an injection of anti-nausea medication.

**9:00pm–6:00am**- You may drink water ONLY

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### What to do on the day of your procedure?

**4:00am-5:00am** - Dissolve the packet of Glycoprep Orange (70g) powder in one litre of tap water (you can prepare it earlier and chill it if you prefer). You must drink this over one hour.

**5:45am**- You may have your morning medication with a small amount of water as directed by the medical professional at your clinic appointment.

**6:00 am**- DO NOT HAVE ANYTHING ELSE BY MOUTH OR YOUR PROCEDURE MAY BE CANCELLED. This includes; water, any fluids food, cigarettes, breath mints and chewing gum. After 6:00 am your bowel motions should look yellow and clear like water, if not, you should notify the staff on arrival.

## Prep Kit Orange Instructions for an Afternoon procedure

### What to do the day before your procedure?

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**7:00am-10:00am** You may have breakfast/brunch as per the Low Fibre Diet instructions. You must take all your morning medication unless otherwise specified by a medical professional. This will be your last solid meal until after the procedure.

**8:00am to 5:00pm**- Drink a minimum of 3 litres of CLEAR fluids to ensure adequate hydration for your procedure. Please avoid anything that is RED or PURPLE in colour. Examples of clear fluids you can have are:

Water, water ice blocks, strained juice, clear soup, cordial, jelly, soft drinks, Jubes, Jelly beans, barley sugar, sports drinks, black tea or Coffee - NO MILK

**5:00pm** – You may take your usual evening medications unless advised by a health professional.

**6:00pm** - Dissolve one packet of PicoPrep Orange powder in one glass (250ml) of tap water (you can prepare it earlier and chill it if you prefer). You must drink this glass followed by 1 litre of water. You must ensure that you drink this water as this will prevent dehydration.

#### **DO NOT ADD ANYTHING TO THE PICOPREP SOLUTION**

**9:00pm**- Dissolve one packet of PicoPrep Orange powder in one glass (250ml) of tap water (you can pre-prepare it earlier and chill it if you prefer). You must drink this glass followed by 1 litre of water. You must ensure that you drink this water as this will prevent dehydration.

This will produce frequent (over 10 times) bowel movements. Occasionally, a few patients may experience nausea. If this happens, stop drinking the prep for 20 minutes, go for a brief walk and then start slowly again. If vomiting occurs, go to your local GP/after hours GP for an injection of anti-nausea medication.

**9:00pm-11:00am**- You may drink water ONLY

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### What to do on the day of your procedure?

**8:00am**- You may take your morning medications unless advised by a health professional. You may drink water up until 11:00am.

**9:00-10:00am**- Dissolve the packet of Glycoprep Orange (70g) powder in one litre of tap water (you can prepare it earlier and chill it if you prefer). You must drink this over one hour.

**11:00am**- DO NOT HAVE ANYTHING ELSE BY MOUTH OR YOUR PROCEDURE MAY BE CANCELLED. This includes; water, any fluids, food, cigarettes, breath mints and chewing gum. After 10:00am your bowel motions should look yellow and clear like water, if not, you should notify the staff on arrival.