

## PROCEDURE INFORMATION

**COLONOSCOPY** is an examination of the large intestine/bowel by a flexible tube. It transmits pictures of the bowel lining to a TV-type monitor. It is done to investigate symptoms such as altered bowel habit, abdominal pain, low blood count, bleeding, or in those with history of bowel cancer or polyps. We can also remove polyps (polypectomy) which may prevent bowel cancer, take biopsies or inject blood vessels during colonoscopy. It will be a day procedure. You will be given sedation to make you sleep and cannot drive until the next day. The Colonoscopy preparation is designed to clear the bowel of faeces so that the best possible examination can be done. If the preparation is not adequate some abnormalities such as polyps or even bowel cancer can be missed. You can expect to have loose stools and then watery diarrhoea beginning a few hours after the prep.

**WHAT PREPARATION OR PRECAUTIONS ARE REQUIRED?** Please follow the instructions for "COLONOSCOPY PREPARATION" (separate sheet provided). You will need to clear your bowel using laxatives bought from the chemist.

**WHAT ARE THE RISKS OF COLONOSCOPY?** Colonoscopy is safe. The major risks are as follows:

Perforation is a tear in the bowel wall, which requires an operation to fix. It usually only occurs if a polyp has been removed or if the bowel is abnormal e.g. Diverticulosis or cancer.

Fortunately perforation is rare occurring in around 1 in 1000 cases. Bleeding may occur after a polyp has been removed, and rarely after biopsies have been taken. The risk of bleeding is around 1 in 200-400 cases. Usually bleeding stops itself. Sometimes admission to hospital for observation or a blood transfusion is required. Very rarely an operation is needed.

If for personal or religious reasons you cannot have a blood product or blood transfusion it is your responsibility to seek advice from your GP about alternative options prior to your procedure. Heart, lung or brain problems due to the sedation or blood pressure changes are possible, but very rare. Please inform your doctor of any other medical problems you may have. Allergic reactions or side effects to medications, including the bowel preparation are possible and unpredictable, but this is extremely rare.

### GENERAL INFORMATION FOR ALL PROCEDURES

**WILL IT BE PAINFUL?** Sedation is used so you will be drowsy, not unconscious. In the private system an Anaesthetist is present so you can be more deeply sedated and will feel little (if any) discomfort. In the public system we use standard sedation and should still be comfortable. Some discomfort or pain may be experienced but this is rare. You may feel bloated for a while afterwards because air is put in to distend or "open" the gut.

### DIABETICS (As a general guide, you may follow these instructions.)

Tablets: Do not take your diabetic medication the night before and the day of your procedure.

Insulin: Take half your normal dose the night before, check levels in the morning, if TOO LOW- drink apple juice, if TOO HIGH – take half your insulin.

**PLEASE BRING YOUR INSULIN OR TABLETS WITH YOU ON THE DAY OF YOUR PROCEDURE.** If you have concerns, discuss this with your doctor.

### HISTORY OF HEART DISEASE OR STROKE

If you have a heart disease or have had previous strokes, these can be made worse by adjusting your blood thinners. The risk of a major coronary event after a coronary artery stent has been in place for more than 12 months is around 5%. If you are concerned about any known heart disease or previous strokes you must discuss this with me in consultation and the doctor in charge of your other illness e.g., cardiologist neurologist or GP.

## **SPECIFIC MEDICATION AND BLOOD THINNERS**

If you had a coronary artery stent inserted within the last 12 months you should not be having this procedure unless you have seen one of our doctors and your cardiologist has agreed. If you have had a coronary artery stent inserted more than 12 months ago we may write to your cardiologist for advice. If you have any concerns contact your cardiologist and inform them of your procedure and its date.

The following medications **MUST** be discussed with your GP or Specialist (Cardiologist or Neurologist) before your procedure is to go ahead. If you are taking (Warfarin [Marevan, Coumadin], Clopidogrel [Plavix, Iscover, Clovix, Piax], Prasugrel [Effient], Dipyridamole [Persantin and Asasantin], Aspirin, Heparin, Clexane [Enoxaparin], Pradaxa [Dabigatran], Apixaban [Eliquis], Rivaroxaban [Xarelto], or Ticagrelor (Brilinta) you must make arrangements with your GP or Specialist (at least one week prior to your booking date) to discuss management of your medication.

Aspirin – This *should* be continued. Anti Inflammatories can be continued. Iron – liquid or tablets to be stopped 7-10 days before Colonoscopy.

## **MEDICATIONS IN GENERAL**

All medications should be taken, including blood pressure medications. Only stop these if you have been advised to stop.

**WHAT TO EXPECT AT WEST COAST ENDOSCOPY CENTRE:** On your admission our receptionist will finalize admission details. You will then be taken from reception by a nurse and admitted to the centre, where an outline of your stay will be explained. When the doctor is ready for you, the anaesthetic nurse will take you in to the procedure room, where you will be cared for by a team of professional nurses in conjunction with your doctor and Anaesthetist. You will wake in the relaxed environment of our specialised recovery area where your progress will be monitored until it is safe for you to go home. You will be served tea, coffee and biscuits and you are welcome to bring in your own refreshments, especially if you have special dietary requirements. Nursing staff will then phone the person responsible for collecting you. You may wish to visit our website at [www.westcoastendoscopy.com.au](http://www.westcoastendoscopy.com.au) which provides useful information.

**DISCHARGE INSTRUCTIONS:** Your carer will need to come into the centre to collect you and take you home. Someone should stay with you over night. You can have a light meal that evening and eat normally the next day. You will be given a procedure report. If you feel unwell e.g. abdominal pain, bleeding, have “black stools” or dizziness then you must see a doctor or go to your nearest emergency department. Please take your report with you and ask the staff to contact me at the West Coast Endoscopy Centre (9301 4437).

Remember that you can't drive home or drive until the next day. Do not operate machinery, or make important decisions until the next day. You will be informed whether follow up will be with your GP or to see me in my rooms.

**PLEASE CONTACT OUR ROOMS 48 HOURS PRIOR TO YOUR PROCEDURE IF YOU NO LONGER REQUIRE THIS APPOINTMENT OTHERWISE YOU WILL OCCUR A \$250 CANCELLATION FEE.**

## **COLONOSCOPY PREPARATION INSTRUCTIONS - (PICOSALAX)**

It is tempting to think that if you have diarrhoea the bowel must be clear and that it is ok not to take all the prep. This will result in a poor result and the procedure may need to be repeated, as polyps or cancers can be missed with poor preparation.

It is very important to follow these instructions below carefully and not the instructions on the Picosalax sachets. Picosalax causes diarrhoea so make sure that you are not away from your home or in a vehicle when this is taken. At the conclusion of the preparation bowel motions should be liquid, slightly yellow in colour and contain no visible sediment. If this is not the case advise the nurse on admission. For your comfort you may wish to apply a barrier cream to the anal area prior to commencing the bowel preparation.

Women who have their period at the time of their procedure, if possible, please wear a tampon.

### **You will need to buy 4 sachets of Picosalax from the chemist/ or WCEC:**

Immediately before use, mix the contents of each sachet in approximately 150ml (about 2/3 cup) of water. Stir for 2-3 minutes. The solution should now become a off-white, cloudy liquid with a faint odour of orange. Sometimes the solution becomes hot as the powder dissolves. If this happens, wait until it cools sufficiently before drinking.

**NO SEEDS OR NUTS FOR TWO DAYS PRIOR TO YOUR PROCEDURE e.g. Multigrain bread, kiwi fruit, almonds.**

**FOR MORNING AND AFTERNOON PROCEDURES : STARTING FROM WHEN YOU WAKE UP THE DAY BEFORE THE PROCEDURE YOU TAKE CLEAR FLUIDS ONLY .**

**You must drink at least 2-3 litres of fluid**

1. You may have jelly (**not red or purple**), clear strained soup, strained fruit juice, black tea or coffee and plenty of water.
2. Drink the bottle of sports drink **not red or purple** as this can look like blood.

**FOR A MORNING PROCEDURE, THE NIGHT BEFORE YOU WILL NEED TO:**

1. **At 6.00 pm** Drink one glass of the Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
2. **At 7.00 pm** Drink the 2nd glass of Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
3. **At 8.00 pm** Drink the 3rd glass of Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
4. **At 9.00 pm** Drink a bottle of sports drink e.g. "Gatorade" or "Powerade" (only orange/yellow)
5. **At 5.00 am the morning of your procedure** - Drink the 4<sup>th</sup> glass of Picosalax over 5 – 10 minutes followed by a minimum of 750mls of water. **Nothing after 5.30 am.**

**FOR AN AFTERNOON PROCEDURE, THE NIGHT BEFORE YOU WILL NEED TO:**

1. **At 7.00 pm** Drink one glass of the Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
2. **At 8.00 pm** Drink the 2nd glass of Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
3. **At 9.00 pm** Drink a bottle of sports drink e.g. "Gatorade" or "Powerade" (only orange/yellow)
4. **At 5.00 am** the morning of your procedure - Drink the third glass of Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.
5. **At 6.00 am** the morning of your procedure - Drink the 4<sup>th</sup> glass of Picosalax over 5 to 10 minutes followed by a minimum of 750mls of water.

**You must fast completely (nil by mouth) from food and all fluids, except that you may drink water up to 3 hours before your procedure.**