Mornington Endoscopy
Rosebud Endoscopy

Extended Bowel Prep Before Your Colonoscopy

You are booked in for a Colonoscopy

Your Procedure Date is: _____/_____/_____ Time: 12:30 PM - 4:30 PM

Mornington Endoscopy, Suite 1, 350 Main Street, Mornington, 5973 4444 ☐
Rosebud Endoscopy, 20 Boneo Road, Rosebud, 5986 4444 ☐
The Bays Hospital, 262 Main Street, Mornington, 5975 2009 ☐

Key Information:

- Your procedure will take anywhere from 20-45 minutes
- We will confirm with you via phone your arrival time for your procedure one business day prior to your procedure date
- Please allow approximately 2 hours from your arrival time before you are ready to go home
- Please ensure you have someone to drive you home afterwards (please note your procedure will be cancelled if you do not have an escort to drive you home)
- You must follow the colonoscopy instructions to avoid the costs and inconvenience of having to return for a repeat procedure
- We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping, however you will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your bank card. **(Please Note there is a 1.2% surcharge if paying by credit card).**
- Please ensure you follow the 'White Diet' for three days prior to your procedure date (See 'Diet Before Your Colonoscopy Information Sheet')
- On the day of your procedure you will see your doctor before and after the procedure
- You will receive a hard copy of your report. The report and all results will also be sent to your GP
- **Please take the time to watch the video on our website about colonoscopy, this will aid in a higher understanding of what will happen when you attend our centre:** https://www.gastromedicine.com.au/colonoscopy/

Why is Bowel Preparation Required

As you are having a colonoscopy, you **MUST** take the medicines to clean out your bowel the day/s **BEFORE** the procedure. Bowel preparation is a very important part of colonoscopic examination as it allows your Doctor to carefully and thoroughly look for and safely remove small polyps / lesions that could enlarge overtime if not detected early. Your Doctor may have to abandon the procedure if the views are obstructed by faeces.

Additional Information During Your Bowel Preparation

Please take **ALL** of your normal medications with a small glass of water (including all medicines for high blood pressure, heart rhythm disturbances and epilepsy) unless otherwise instructed by your GP, Gastroenterologist or GastroMedicine & ENDOSCOPY Nurse **(No fluids up to 4 hours prior to your procedure).**

Headaches can be a common side effect when drinking the preparation, please note you can take paracetamol or any other pain killer you normally take for headaches (excluding aspirin) at any point during the preparation stage. **(No fluids up to 4 hours prior to your procedure).**

The preparation can cause dehydration, which in some instances can lead to fainting. Dehydration can be avoided by drinking clear fluids to keep hydrated (please see suggested list of clear fluids on page 2 of the **White Diet** instruction sheet). It is important you take precautionary measures when you stand up (particularly from the lying position, eg. sit first to ensure you are not dizzy then stand slowly), if you use mobility aids such as walkers/sticks please ensure you use them.

You can drink too much water – there is the risk of drinking too much water whilst taking the preparation which can lead to low sodium in the blood. If you feel you need to drink more than what is instructed, please drink water that contains hydralyte, lemonade or sports drinks (ie. not pure water).

Baby wipes used in place of toilet paper during the preparation stage can help to decrease anal irritation caused by excessive wiping (for example- brands like 'Curash baby care simple water wipes' or 'Water wipes baby wipes' work best and are both widely available from all major supermarkets in the baby care aisle).

TO COMPLETE THE BELOW BOWEL PREPARATION YOU WILL NEED TO PURCHASE: **THREE sachets of PicoPrep (20 gram),** and **ONE box of MoviPrep (1 box of MoviPrep contains two clear bags, each containing 2**

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sachets: 2 x larger sachet labelled A and 2 x smaller sachet labelled B). These can be purchased from your local pharmacy (no script required). Please check the contents of the boxes you buy from the pharmacy prior to leaving to ensure you have the correct amount of sachets.
Please ensure you follow the following instructions, and disregard the instructions in all the boxes.

3 days prior to your procedure	Please eat only a **'White Diet'** for breakfast, lunch, dinner and all snacks (please refer to the permitted foods table in the 'Diet before your colonoscopy' information sheet)
2 days prior to your procedure	Please eat only a **'White Diet'** for breakfast and lunch. (please refer to the permitted foods table in the 'Diet before your colonoscopy' information sheet) **Up until 5:00 PM–** Have dinner **(White Diet foods ONLY)** (please refer to the permitted foods table in 'Diet before your colonoscopy' information sheet) **At 6:00 PM – PicoPrep 1st sachet:** Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approximately 250mL) and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. You should drink a 1/3 of the mixture, then follow with a glass of water. Wait 15 minutes, then drink another 1/3 with a glass of water. Repeat for the remaining 1/3 after waiting 15 minutes. To avoid dehydration consume **clear fluids** (from the approved clear fluids list on the 'Diet before your colonoscopy' information sheet), thereafter. ***
The day before your procedure	**Up until 9:00 AM**- Have a small breakfast **(White Diet foods ONLY)** (please refer to the permitted foods table in the 'Diet before your colonoscopy' information sheet) **Up until 12:00 MIDDAY** - Have a small lunch **(White Diet foods ONLY)** **12:00 MIDDAY - NO MORE FOOD FROM THIS POINT – CLEAR FLUIDS ONLY** **At 1:00 PM – PicoPrep 2nd sachet:** Prepare and consume one dose/sachet of PICOPREP as instructed above. *** To avoid dehydration consume **clear fluids** (from the approved clear fluids list on the 'Diet before your colonoscopy' information sheet), thereafter. **DO NOT EAT FOOD.** **At 3:00 PM – 1st dose of MoviPrep** - Open one clear bag of MOVIPREP and remove sachet A and B. Add the contents of BOTH sachet A and B into a one litre container. Pour one litre of water into the container and stir until all the powder has dissolved and the MoviPrep solution is clear and slightly hazy (this may take up to five minutes). Please drink the litre of the MoviPrep solution you prepared over 1-2 hours. Try to drink a glass every ten to fifteen minutes. ** Please consume more clear fluids, but **do not eat food.** **At 5:00 PM – PicoPrep 3rd sachet:** Prepare and consume one sachet of PicoPrep as instructed above. *** **Please consume more clear fluids over the remainder of the day to avoid dehydration, but do not eat food.**
The day of your procedure	**At 7:00 AM – 2nd dose of MoviPrep:** Prepare and consume one 1L of **MoviPrep** as instructed above. ** **Please consume more clear fluids however have NOTHING to drink – NO water or ANY fluids (including chewing gum and barley sugar) for a minimum of FOUR HOURS before your procedure time.**

If at any stage you experience symptoms such as nausea, vomiting, feeling faint or dizzy (which unfortunately can and does happen occasionally), please stop taking the preparation for 30 minutes. If symptoms resolve in this time please recommence taking prep. If you are still feeling unwell, please contact our rooms on the phone number listed on page 1 and ask to speak to a nurse manager for further advice. If outside business hours, please contact Dr Dinh via text message on 04 2727 8989.