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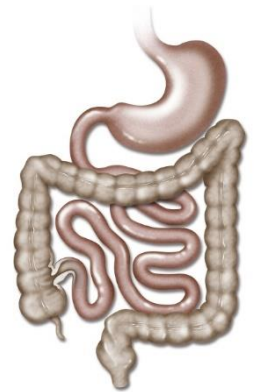
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COLONOSCOPY:

GENERAL INFORMATION,

PREPARATION AND BOWEL CLEANSING WITH PICOSALAX

Please take the time to carefully read these instructions well before the date of your procedure!

A colonoscopy is an examination of the large bowel (colon) using a narrow flexible endoscope. It is an important examination used for the diagnosis and treatment of bowel conditions. To get good views of the bowel lining, the bowel must be completely empty. So you need to take a strong laxative. You will also likely be given a medication that will relax you and may make you sleepy. The tube will then be passed through your colon where your doctor will look at the lining of your colon and rectum. Samples of tissue may be taken and/or polyps may be removed.

PLEASE **AVOID SEEDS & NUTS 5-7 DAYS PRIOR** TO YOUR COLONOSCOPY i.e poppyseeds, flaxseeds, raspberries, kiwi, corn, grapes, seeded breads etc. Please note this includes yogurts and jams that contain seeds.

At least **3 days prior** to your procedure:

- **Do not** consume any fresh fruits or raw vegetables (e.g. no salads) and no multigrain bread.
- **Obtain Picosalax and 2 Tablets Bisacodyl from your pharmacy, using the prescription provided**

Medications

Medication	What to do
Iron tablets (e.g. ferrous sulphate, Ferrogradumet)	Stop them one (1) week before your procedure
Aspirin, clopidogrel (Plavix), dabigatran (Pradaxa), ticagrelor (Brilinta), warfarin or any other anti-coagulant tablets	Please tell nurse or doctor beforehand. Aspirin (if only on aspirin) can usually be continued.
If you are diabetic	Please tell nurse or doctor beforehand as there are special instructions for diabetics
All other usual medicines	You can take all other usual medications 4 hours prior to beginning or 4 hours after completing Picosalax to allow for absorption

Bowel cleansing with Picosalax

The active components of PICOSALAX are sodium picosulfate, which stimulates bowel movements following metabolism by bowel bacteria, and magnesium citrate which acts as an osmotic laxative by increasing intestinal osmotic pressure thereby promoting retention of fluid within the bowel. The combined action of these components results in evacuation of the bowel contents.

The timing of Picosalax depends on the time of your procedure!

If the procedure is scheduled for the afternoon (pm list, after 1 pm):

Split-dose Regimen (evening-before and day of the procedure): The first PICOSALAX sachet is taken the night before the procedure, and the second is taken the next day, in the morning prior to the procedure.

2 days before the procedure: eat a low fibre diet. At 8:00 pm take 2 Bisacodyl tablets.

On the **day before the procedure:** have a light low fibre breakfast and a liquid lunch (eg clear soup, no solids, no fibre), then take **the first** reconstituted sachet in the evening (e.g. 5:00 to 6:00 pm), followed by at least five 250mL drinks of clear liquids, spread over several hours

On the **day of the procedure** – take **the second** reconstituted sachet in the morning (5-9 hours before the procedure), followed by at least three 250mL drinks of clear liquids, spread over several hours

Clear liquids may be consumed until 2 hours before the time of the procedure. You should drink a total of 3-4 litres of any clear fluids over the 24 hours preceding your colonoscopy.

If you are having a gastroscopy in addition to your colonoscopy, stop drinking 4 hours before your appointment time.

If the procedure is scheduled for the morning (am list):

Split-dose Regimen - both Picosalax sachets on the day before the procedure

2 days before the procedure: eat a low fibre diet. At 8:00 pm take 2 Bisacodyl tablets.

On the **day before the procedure:** **The first** reconstituted sachet is taken between 12:00 pm - 1:00pm (afternoon), followed by at least five 250mL drinks of clear liquids, spread over several hours

On the **day before the procedure:** **The second** reconstituted sachet is taken in around 7:30pm -8:00 pm, followed by at least three 250mL drinks of clear liquids, spread over several hours

Clear liquids may be consumed until 2 hours before the time of the procedure. You should drink a total of 3-4 litres of any clear fluids over the 24 hours preceding your colonoscopy.

If you are having a gastroscopy in addition to your colonoscopy, stop drinking 4 hours before your appointment time.

If you take Picosalax: expect frequent, loose bowel movements. To avoid dehydration it is recommended to drink a sufficient amount of clear liquid. In order to replace fluid lost from the body, it is important to drink plenty of clear fluids throughout the treatment with Picosalax until bowel movements have ceased. Red or purple colourings must be avoided.

Picosalax is contraindicated in patients with congestive heart failure, known or suspected gastrointestinal obstruction or perforation, gastric retention, gastro-intestinal ulceration, toxic colitis, toxic megacolon, ileus, those with a stoma, severe nausea and vomiting, acute surgical abdominal conditions such as acute appendicitis, severe dehydration, rhabdomyolysis, hypermagnesemia, severe active inflammatory bowel disease or hypersensitivity to any of the ingredients. In patients with severely reduced renal function, accumulation of magnesium in plasma may occur. Another preparation may have to be used in such cases.

Complications or Problems:

Serious complications of colonoscopy are overall rare, less than one in 3000 examinations. However, complications can occur and include the following:

- Colonoscopy is considered to be a very accurate test. Still there is a risk that an abnormality may be missed or not detected.
- Intolerance to the bowel preparation: Some people develop dizziness, headaches or vomiting.
- Reaction to the sedatives or anaesthetics: This is very uncommon but is especially of concern in people who have severe heart disease or lung disease.
- Perforation (making a hole in the bowel). This is very rare.
- Significant bleeding, usually after polyp removal.
- If serious complications occur, you may require a repeat endoscopy, surgery or a blood transfusion.
- Rare side effects can occur with any procedure. Death is extremely rare.
- If you wish to have further details please discuss this with your endoscopist before the procedure.

If you have any of the following symptoms in the hours or days after colonoscopy/ gastroscopy you should contact your doctor's rooms immediately: severe abdominal pain, black tarry motions, persistent bleeding, fever or other symptoms that cause you concern. If you can not contact your Doctor or are concerned call 111 for an ambulance.