



MR **KAREEM MARWAN** FRACS  
GENERAL & COLORECTAL SURGEON

P/N 251531RH  
Tel: 03 9017 8198



Dear Mr Mickey MOUSE,

### **WHAT IS A COLONOSCOPY?**

A colonoscopy is a very accurate and safe way of examining the colon (large intestine). It is the most accurate test for determining whether patients have conditions such as bowel cancer polyps. Like all tests there are risks but these are very small and the procedure is now performed extensively all around the world. Nevertheless, patients can occasionally suffer from bleeding or perforation of the bowel which can potentially be serious. If there is bleeding or severe pain after the procedure, it should be reported to the doctor.

If you have any questions regarding your colonoscopy, please do not hesitate to contact our office.

### **Preparation for the PROCEDURE:**

To enable Mr Marwan to give an accurate result we depend on you to complete the "Bowel Preparation" regime which has been discussed with you. The cleansing solution will cause multiple bowel movements. Individual responses to the different bowel preparations may vary and can start to work within 30 minutes or take as long as 3-4 hours.

### **For your procedure Mr Marwan has requested that your preparation consist of: 3 SACHETS OF PICOPREP**

The success of your colonoscopy depends greatly on your compliance with this bowel cleansing, otherwise the test may need to be cancelled or repeated.

It is extremely important that you take all the Picoprep and that you drink the amount of clear fluids as per instructions. After reading the instructions please notify us if you feel you would be unable to meet the expected drinking requirements. We are here to help you make this test successful, and as easy as possible.

**\*\*NB\*\*** For your additional comfort and to minimise excoriation - apply some vaseline to the rectal area on bowel preparation day.



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### **BOWEL PREP INSTRUCTIONS:**

- \* **Four** days before the procedure, **STOP** taking any fibre supplements and iron containing medications.
- \* **Two** days before the procedure, **REDUCE** the amount of fibrous and fatty food you eat. The following items are good examples to consume:

Cornflakes, Rice Bubbles, White Bread (no added fibre), Fleshy fruits  
(no seeds, husks or skin)

Lean meat, poultry, egg, fish, mashed vegetable eg. potato/pumpkin  
(no salad, peas or sweetcorn)

Tea, Coffee, fruit juices, soft drinks, plain white dry biscuits, plain cake, low fat  
milk, little butter/margarine

- \* **One** day before the procedure, from the first prep dose, **DO NOT HAVE ANY FOOD AT ALL**, during this day you must limit your intake to a variety of **CLEAR FLUIDS**, *such as water, strained fruit juice, soft drinks, jelly, tea/coffee (no milk), clear broth, mineral water or sports drinks.*  
*No red or purple food colouring.*



**First dose of PICOPREP at 12pm:**

Add the entire contents of **ONE** sachet to a glassful of warm (**BUT NOT HOT**) water.  
Drink the mixture gradually, but completely (you may use a straw if you wish).

- \* Ensure you drink at least 2 glasses (glass = 250ml) of clear fluids each hour
- \* Be prepared for frequent bowel movements within 3 hours of the first dose of Picoprep, some intestinal cramps are normal.

**Second dose of PICOPREP at 3pm:**

Add the entire contents of **ONE** sachet to a glassful of warm (**BUT NOT HOT**) water.  
Drink the mixture gradually, but completely (you may use a straw if you wish).

- \* Ensure you drink at least 2 glasses (glass = 250ml) of clear fluids each hour
- \* Be prepared for frequent bowel movements within 3 hours of the first dose of Picoprep, some intestinal cramps are normal.

**Third dose of PICOPREP at 6pm:**

Add the entire contents of **ONE** sachet to a glassful of warm (**BUT NOT HOT**) water.  
Drink the mixture gradually, but completely (you may use a straw if you wish).

- \* Ensure you drink at least 2 glasses (glass = 250ml) of clear fluids each hour
- \* Be prepared for frequent bowel movements within 3 hours of the first dose of Picoprep, some intestinal cramps are normal.

This can be followed by as many glasses of water or clear fluids as desired in order to satisfy your thirst.

You may have clear fluids up to 2 hours before your admission time.



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### **ADMISSION DAY:**

Please arrive at the main entrance of the hospital at the designated admission time (as per your admission letter from Mr Marwan). You will need to organise someone to collect you after the procedure as you will not be able to drive.

- \* On arrival you will be taken through to the Day Unit, general details and documentation will be checked and you will be formally admitted for your procedure.
- \* **Please let the staff know if you require a Medical Certificate** for work as well as providing the name and contact number of the person who you have arranged to collect you after the procedure.
- \* Your vital signs being your temperature, pulse, blood pressure will be taken and any allergies/medical requirements will be recorded.
- \* When nearing the time for your procedure you will change into a hospital gown, be placed on a hospital trolley ready for transfer to theatre. Mr Marwan will meet with you in the Pre-Op area, this is where your consent form will be signed and you will then be wheeled in to meet the anaesthetist in theatre.
- \* You will then receive some deep sedation and be asleep for the procedure.
- \* After the procedure you will be taken to the recovery area for a short time and then you will return to the Day Unit. Here you will have a drink, get dressed and then sit in a recliner chair for a cup of tea and some sandwiches. Once fully recovered, you will return to the Day Unit reception area.
- \* The staff will assist with ensuring your nominated driver has been contacted and made aware you have been cleared to leave the hospital.

### **CARE OF YOURSELF AFTER THE PROCEDURE:**

Because you have had sedation, you may not drive or operate machinery for 24 hours after your procedure. You should rest quietly and eat normally during this period. If there is bleeding or severe pain following the procedure, our office should be contacted if within hours. If after hours please contact the paging service on 9387 1000 or present to your nearest Emergency Department.

## **FREQUENTLY ASKED QUESTIONS:**

### **Do I take my routine medications prior to and on the day of my procedure?**

Because there is a wide range of medications used by patients, we ask that you check with Mr Marwan or his secretary leading up to the procedure. However, please ensure you advise us if you are a Diabetic on medication or you are receiving Anticoagulant (Blood thinning) therapy such as Wafarin, Plavix, Aspirin, Xarelto etc. Also let us know if you take Fish Oil regularly.

### **Can I drive myself to the procedure?**

Because you will require deep sedation for the procedure, you are unable to drive or operate heavy machinery for 24 hours afterwards. Please ensure you organise someone to collect you after the procedure and have their number ready to give the Day Unit staff, as they will call them once you have been given the all clear to leave the hospital.

### **How long does the procedure take?**

Gastroscopy - Approximately 10 minutes  
Colonoscopy - Approximately 20 - 30 minutes

### **Are booking times ever altered?**

Yes. While every effort is made to keep your allocated booking time for your procedure. There are sometimes unexpected emergencies, fluctuations in patient levels and some types of procedures can vary which as a result may alter the order of your procedure.

### **How long will I be in Hospital?**

Please allow for an all day stay. Because the procedure is completed as a day case, booking times may occasionally be altered. You may like to bring a book, magazine etc.

### **What/When can I eat after my procedure?**

Once you return to the Day Unit you will be given a drink and some sandwiches, unless Mr Marwan says otherwise. Once you leave the hospital you may resume your normal diet.

### **Where can I purchase the PICOPREP sachets?**

These are readily available over the counter at any Chemist.



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**FREQUENTLY ASKED QUESTIONS continued:**

**When will my bowels return to normal after the procedure?**

You can expect that your normal bowel habits will return once you recommence adequate quantities of your regular diet. Please remember that in the case of a Colonoscopy you have "fully emptied" your bowel and therefore it could take a couple of days for the food to track through the system.

As a guideline:

Post Gastroscopy - your bowels will return to normal in approximately 1-2 days.

Post Colonoscopy - your bowels will return to normal in approximately 3-4 days.