

Mr David Lloyd

BMedSci (Tas) MBBS(Tas) FRACS(GenSurg)

Colorectal Surgeon & Colonoscopist

Provider No: 0650609L

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COLONOSCOPY PREPARATION INSTRUCTIONS

Please follow Mr Lloyd's instructions – **NOT** the instructions on the packaging. Individual responses to laxatives vary. They usually induce frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

The quality of the bowel preparation directly affects the accuracy of your test. The success of your examination depends on the bowel being as clean as possible, otherwise your colonoscopy may need to be postponed and the preparation repeated on another day.

APPROVED CLEAR LIQUIDS:

Water or Lime/Lemon cordial
Clear fruit juices and cordials (not red)
Clear broth
Tea or coffee (no milk allowed)

Sports drinks (not red)
Clear salty fluids (eg strained chicken soup)
Plain jelly (not red)
Lucozade or soft drinks, lemonade, ginger ale

DO NOT JUST DRINK WATER - YOU NEED SOMETHING SWEET AND/OR SALTY

3 DAYS PRIOR TO COLONOSCOPY

Begin low residue food diet (see below) until the procedure is performed. Stop Iron tablets, Lomotil & fibre supplements. If your bowel motions are not regular, please take 2 x Duro lax tablets daily.

FOODS ALLOWED TO BE EATEN:

Cornflakes, rice bubbles, white bread, toast, margarine, butter, honey, chicken, white fish, eggs, milk, cottage cheese, plain yoghurt, stewed or tinned fruit without skin on, well cooked low fibre vegetables (peeled zucchini, carrots, asparagus) well cooked peeled pumpkin or potato, oranges, apples, plain biscuits, barley sugar, boiled sweets (not red). Plentiful 'Approved clear liquids' as listed above.

FOODS NOT ALLOWED TO BE EATEN:

Brown bread or brown rice, grains, cereals, red meat, raw fruit and high fibre vegetables, onion, corn and any foods with seeds, nut.

HELPFUL TIPS DURING PREPARATION

- ❖ Drink plenty of clear fluids
- ❖ Apply protective cream (eg Lanoline) around your anal area to reduce discomfort
- ❖ Keep warm
- ❖ If you feel nauseated whilst taking the preparation, stop for 30 minutes and try a hot clear drink
- ❖ If you feel bloated, try walking around, suck some peppermints or drink peppermint tea.

COLONOSCOPY PREPARATION INSTRUCTIONS

**Please arrive at the hospital at the scheduled admission time.
Before your procedure your bowel motions should be of a clear liquid nature.
If not, please advise the Nurse at the time of admission.**

**Someone must accompany you home from the procedure because of the sedatives used during the examination. Even if you feel alert after the procedure, the sedatives can affect your judgement and reflexes for the rest of the day.
YOU MUST NOT DRIVE OR OPERATE MACHINERY UNTIL THE NEXT DAY**

If you experience any complications after the procedure please contact Mr Lloyd immediately, or proceed to the Emergency Department if this occurs after hours or on the weekend.

MEDICATIONS

Stop Fish Oil tablets, Echniacea & Glucosamine 14 days prior. NSAID arthritis tablets (eg Voltaren, Indocid, Naprosyn) should generally be ceased for 7 days prior to the procedure. Aspirin has NOT been shown to increase the risk of post-polypectomy bleeding, so it can be safely continued.

Clopidogrel (Plavix, Iscover), Prasugrel (Effient), Warfarin (Marevan, Coumadin), Rivaroxaban (Xarelto), Ticagrelor (Brilinta), Apixaban (Eliquis) or Dabigatran (Pradaxa) or other blood thinners may need to be stopped depending on the reason they are being used. If you have a coronary stent or are at high risk for blood clots, strokes or heart attacks, then these medications generally cannot be stopped. This should be discussed with Mr Lloyd. It may also require discussion with your Cardiologist.

Diabetic medications will need to be adjusted. Please discuss this with Mr Lloyd before your procedure.

All other medications should generally be taken as normal throughout the preparation, unless advised to discontinue by Mr Lloyd.