



SENIOR PATIENTS PREPARATION

Panendoscopy and Colonoscopy Information Sheet

(For Patients over 70 years old)

SPECIFIC PROCEDURE PREPARATION COLONOSCOPY & PANENDOSCOPY

Morning medications may be taken with a ***sip of water only*** on the day of the procedure. Diabetic patients should “***not take their morning medications or insulin.***” Please contact the nursing staff at the Centre for instructions.

PANENDOSCOPY PREPARATION

You must not have anything to eat or drink for 6 hours before your panendoscopy.

COLONOSCOPY PREPARATION

Glycoprep laxative is the medication (bowel washout) required to be taken prior to your colonoscopy. It can be purchased at the Centre or from your local chemist. A prescription is not required. It is important for you as a patient to purchase a sachet of Glycoprep (210g) or Glycoprep C (210g).

Once you begin to take the preparation, be prepared to visit the toilet frequently as this medication will cause diarrhoea. Bowel motions will become fluid and gradually clearer looking.

It is very important that you contact the NURSING STAFF on 9713 4011 before taking the laxative if you suffer from diabetes, heart or renal disease, or if you are unsure about any part of this preparation.

INSTRUCTIONS FOR COLONOSCOPY PROCEDURES ***(This is done the day before the procedure)***

1. You can have a light breakfast
2. Do not eat any solid foods; no dairy products like milk – after breakfast.
You will be on a **clear fluid diet**; here are some examples of what you can have –
 - Water;
 - Unsweetened fruit juices like apple juice;
 - Clear soup like chicken consomme, bonox, beef broth. (INCLUDE AT LEAST 3 CUPS OF THIS SOUP IN YOUR FLUID DIET);
 - Yellow or Orange artificially sweetened jelly only
 - Black tea or black coffee – **NO MILK , NO SUGAR** (artificial sweetener only)
3. At 1200 noon on the day prior to your colonoscopy
 - Mix Glycoprep (210g sachet) in 3 litres of water
 - Drink one glass every 10-15 minutes until all is consumed
 - Drink clear fluids (as listed above) to prevent dehydration.
4. ***DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT***

***REMEMBER IF YOU ARE UNSURE ABOUT ANY OF THESE INSTRUCTIONS;
PLEASE CONTACT THE NURSING STAFF ON 9713 4011.***



PATIENT INSTRUCTIONS –Preparation for Procedures For Patients Under 70 Years of Age

Instructions for Patients Taking Any Medications

If you usually take medications in the morning; on the day of your procedure please do the following:

- ✧ If you have a *morning booking (6.45am – 11.30am)* do not take your medications – bring them with you.
- ✧ If you have an *afternoon booking (12.00pm – 4.00pm)* take your medications at 6.30am with a sip of water.

How to Prepare for a Panendoscopy

- ✧ *Do not eat or drink anything for 6 hours* before your Panendoscopy Procedure. Please *call the Centre 2 working days before your procedure date* to find out time of your procedure.
- ✧ If you are taking any of these medications: *Losec, Somac, Nexium, or Pariet*; please call the Centre as soon as possible.

How to Prepare for a Colonoscopy

1. Please call the Centre *2 working days before your procedure for your appointment time*. You will also need to buy *3 sachets of Picoprep Laxative from the chemist or at the Centre*.
2. You will need to *start taking the Picoprep laxative on the day before your procedure*. Follow the instructions in the table below.
3. Drinking clear fluids is part of the preparation for your procedure.
Examples of clear fluids are:
 - ✧ Water, black tea, black coffee – *no Milk and no Sugar*
 - ✧ *Unsweetened 100% fruit juice* – example: apple juice
 - ✧ *Clear soup* – example: clear soup, bonox, stock cubes in water, broths, if using packet soups - strain liquid
 - ✧ *Artificially sweetened jelly* – do not eat red or green colouring
 - ✧ *Do not drink fizzy or carbonated liquids* – do not drink any liquids that contain sugar

The table below gives instructions on when to start drinking only clear fluids – Please read carefully

4. When you start taking the laxative you will need to visit the toilet frequently; you will have diarrhoea and at times stomach cramps; you may also feel lightheaded and weak. Please make sure you drink plenty of fluid especially clear soup. Bowel motions will become watery and gradually clearer.
5. On the day before your Procedure you are strictly on a “*Clear Fluid Diet*” – this means you are *not allowed to eat any solid food*.

Instructions for Colonoscopy – Morning (appointments between 6.45am – 11.45am)

On the Day Before your Procedure please take the Picoprep at the following times:

- 8am**
- * *Dissolve the first sachet of Picoprep in a glass of water or apple juice and drink it.*
 - * *Follow with 2 cups of clear soup and at least 4 glasses of other clear fluids over the next 2 hours*

- 2pm**
- * *Dissolve the second sachet of Picoprep in a glass of water or apple juice and drink*
 - * *Follow with 2 cups of clear soup and at least 4 glasses of other clears over the next 2 hours*

- 7pm**
- * *Dissolve the third sachet of Picoprep in a glass of water or apple juice and drink*
 - * *Follow with 2 cups of clear soup and at least 4 glasses of other clear fluids over the next 2 hours*

Nothing to eat or drink after midnight (12am)

Instructions for Colonoscopy – Afternoon (appointments between 12.00pm – 4.00pm)

On the Day Before Your Procedure follow the diet and take the Picoprep Laxative at the following times:

- 7am**
- * You can have light breakfast
 - * Nothing to eat after 8am – Drink Clear fluids Only (see examples in point 3 above)

- 2pm**
- * *Dissolve the first sachet of Picoprep in a glass of water or apple juice and drink it.*
 - * *Follow with 2 cups of clear soup and at least 4 glasses of other clear fluids over the next 2 hours*

- 7pm**
- * *Dissolve the second sachet of Picoprep in a glass of water or apple juice and drink*
 - * *Follow with 2 cups of clear soup and at least 4 glasses of other clear fluids over the next 2 hours*

6am-day of your Procedure

- * *Dissolve the third sachet of Picoprep in a glass of water or apple juice and drink*
- * *Follow with 2 cups of clear soup and at least 4 glasses of other clear fluids over the next 1 hour*

Nothing to eat or drink after 8am on the day of your procedure