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## **Colonoscopy: PICOPREP x3 Bowel Preparation (Available "over the counter" from your pharmacy)**

The Bowel Preparation is essential for a successful procedure. The Bowel Preparation Regime aims to reduce the stool production and to eliminate the residual stool in the colon and rectum. It improves the accuracy of investigation and minimises the risk of bowel injury during the procedure. The examination may need to be repeated if the bowel preparation is inadequate.

please don't hesitate to call 02 9737 9536 if you have any question or any difficulty regarding to the bowel preparation regime.

### **One Week Before the Scheduled Colonoscopy**

1. Cease the medications as per Dr. Yeh's instruction
  - a. Stop Aspirin, Plavix or Warfarin for one week (such as Cartia, Astrix, Disprin, Asasantin, or Isocover)
  - b. Stop Non-vitamin k Oral AntiCoagulants for 72 hours (**NOAC** such as Pradaxa, Eliquis, or Xarelto)
  - c. Stop SGLT2 Inhibitors, a new diabetic medication, for 72 hours (such as Dapagliflozin, Forxiga, Empagliflozin, Jardiance, Canagliflozin, or Invokana)
2. Ask your GP about whether to take the other regular medications, such as blood pressure, heart or diabetic medications, insulin and diuretics. If you are scheduled to see an anaesthetic doctor or nurse in the Pre-admission Clinic, you will receive the advice regarding to your medications.
3. Arrange a relative or a friend to pick you up after the procedure. **It is illegal to drive under the influence of sedative medication. It is safe to drive a motor vehicle or operative machinery 24 hours after the procedure.**
4. Ensure there is close supervision by your relative or friend for 12 hours after discharge home.

## One Day Before the Scheduled Colonoscopy

Start **CLEAR FLUID DIET** in the morning. You can drink a mixture of the recommended clear fluid below.

### a. The Recommended Clear Fluid

- Water
- Gatorade
- Fruit Juices (Apple or Pear)
- Clear Chicken Broth
- Black Tea or Chinese Tea
- Black Coffee
- Plain Jelly
- Lemon Cordial

### b. **ABSOLUTELY NO MILK or SOLID FOOD (such as bread, meat, rice, noodles, cereals, egg, fruit or vegetables)**

- c. It is recommended to drink one to two glasses of clear fluids every hour to maintain hydration.
- d. If preferred, Each PICOPREP sachet can be mixed with 250ml of water and refrigerated for 1–2 hours before you need to drink it. It makes the mixture more palatable.
- e. Mix the **FIRST** sachet of PICOPREP with one glass of water and drink it between **2pm - 3pm**. Then drink another two glasses of clear fluid over the next hour.
- f. Mix the **SECOND** sachet of PICOPREP with one glass of water and drink it between **4pm - 5pm**. Then drink another two glasses of clear fluid over the next hour.
- g. Mix the **THIRD** sachet of PICOPREP with one glass of water and drink it between **6pm - 7pm**. Then drink another three glasses of clear fluid until bedtime.
- h. Follow the **Fasting Instruction** from the Booking and Admission Unit of the Hospital.

## On the Day of the Scheduled Colonoscopy

1. You can drink a glass of water two hours prior to your scheduled hospital admission time. Follow the doctor's instruction about taking your essential medications with sips of water.
2. Dress casual clothes. Don't wear jewellery and lipstick. Leave valuables at home.
3. Inform a relative or a friend to pick you up after the procedure.