

PREPARATION FOR COLONOSCOPY

DIABETIC

PLEASE NOTE

YOU MUST HAVE A RESPONSIBLE ADULT WITH YOU TO DRIVE YOU HOME AND STAY WITH YOU FOR 12 HOURS

If you are taking Asasantin, Elequis, Iscover, Persantin, Plavix, Pradaxa, Warfarin/Marevan, or Xarelto please discuss with your GP ceasing or not, one week prior to procedure

If you are a diabetic or taking any of the above please make sure the receptionist and doctor is aware of this.

Please bring the following:

- Your medicare card, pension card
- Your current medication or a list of what you are taking and any relevant x-rays from the previous three months.
- Your referral letter (if not already given to doctor).
- **Your diabetic medications and a sandwich.**

DISREGARD THE INSTRUCTIONS PRINTED ON THE PACKET AND STRICTLY FOLLOW THOSE BELOW

ONE WEEK PRIOR TEST: Stop taking iron tablets. Continue all other medications.

3 DAYS BEFORE EXAMINATION STOP TAKING ANY FIBRE SUPPLIMENTS (ie Metamucil, Psyllium or Benefibre) and COMMENCE A LOW FIBRE DIET

Choose	Avoid																												
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<p>CHOOSE – Other food</p> <p>Boiled lollies, clear jelly (not red), sugar, chocolate, honey, jellied strained jams, vegemite</p>	<p>AVOID</p> <p>Jams with skins and seeds, peanut butter, dried fruit and nuts, marmalade</p>																												

Drink 2 litres of fluid each day to avoid dehydration

COLONOSCOPY

THE DAY PRIOR TO YOUR EXAMINATION

Make up your kit in the morning – refrigerate if desired

1. **Magnesium Citrate** – Add the contents of the sachet to half a glass of hot water. When fizzing stops fill the glass with tap water.
2. **Glycoprep** – Mix the powder with three litres of water and stir until dissolved .

No dairy products to be consumed – no milk in tea or coffee.

Drink plenty of the following fluid during the day (ONLY: water, clear, pulp free juice, black tea or coffee.

You may have a low fibre breakfast and lunch.

2pm Take the 3 Bisacodyl tablets with a glass of water.

3pm Drink Magnesium Citrate mixture

4.30pm Take usual diabetic tablets or Insulin. Have a high carbohydrate meal i.e. white rice or white bread with honey or golden syrup.

6.30pm Commence drinking the Glycoprep **2 litres** - one glassful every 15 minutes until completed. (drinking quickly through a straw is helpful)

DAY OF PROCEDURE

NO SMOKING FOR 12 HOURS BEFORE YOUR PROCEDURE

No solid food to be consumed before examination

Please check your Blood Sugar Level morning of examination.

Do not take diabetic tablets or insulin before examination – bring these with you and a sandwich to have after the test.

Heart and blood pressure tablets should be taken as usual at least four hours prior to examination. Other medications can be taken after the test

At least 3 hours before your appointment time - commence drinking the remaining Glycoprep – 1 glass every 15 minutes . This must be finished no later than **two hours** before your appointment time .

STOP ALL FLUID INTAKE 2 HOURS BEFORE APPOINTMENT TIME

If your appointment is after midday – drink your last litre between 9am – 10am

Clear fluid to be continued, (AND Barley Sugar if needed) 1 glass per hour, until **two** hours before your appointment time

STOP ALL FLUID INTAKE 2 HOURS BEFORE APPOINTMENT TIME

RESULTS AND HINTS

- You bowel motion should be clear (and look like urine)and be free from particles
- Drink the solution quickly though a straw.
- Apply protective cream (Lanolin/ Pawpaw ointment) to anal area to reduce excoriation.
- If you feel nauseated while taking prep – have a half hour break. Have a hot drink and walk around – then start again.
- If you feel bloated – walk around, suck a peppermint/drink peppermint tea
- If you become ill and have severe pain – seek medical advice from your GP or the nearest Emergency Medical Centre

NOTHING FURTHER TO DRINK UNTIL AFTER THE EXAMINATION

IF YOU HAVE ANY PROBLEMS UNDERSTANDING THESE INSTRUCTIONS PLEASE PHONE: 1300 733 801 to speak with a nurse.