

COLONOSCOPY

Your specialist has arranged for you to have a colonoscopy. Please read this pamphlet carefully as it contains important information about your test.

How do I prepare for my colonoscopy?

Five days before the test you should stop eating nuts, seeds, pips, skins or grains (i.e. cereal, muesli bars, sesame or poppy seeds) wholegrain bread, corn, cucumber, tomatoes, kiwifruit, boysenberries and passionfruit. These foods can block the colonoscope.

You should stop iron tablets/supplements, medicines that stop diarrhoea and anti-inflammatory medicines i.e. Diclofenac (Voltarin) and Ibuprofen (Brufen).

Please contact your specialist at least five days before the test if you are:

- Taking blood thinners/anticoagulants i.e. Warfarin, Clopidogrel (Plavix), Dabigatran (Pradaxa), Enoxaparin (Clexane), Ticagrelor (Brilinta)
- Taking Lithium medication
- Diabetic
- Pregnant
- Suffering with a heart, lung or bleeding condition including having a pacemaker, heart valve disease or replacement
- Suffering with kidney disease.

You can continue all other medication as usual including Aspirin, unless you are told not to by your specialist.

You should tell your specialist if you need to take antibiotics before dental treatment. If you do, you may also need to take antibiotics before having a colonoscopy.

You can take your usual medicine either two hours before starting or two hours after finishing your bowel preparation.

Bowel preparation, food and drink information

Before having a colonoscopy, your specialist will advise you what you can and cannot eat and drink. They will also give you details of which bowel prep to take. Bowel prep is a drink which cleans all the faeces from your bowel (colon). Instructions can be a little different between doctors so please carefully follow the instructions your specialist gives you.

After having the procedure

You **must** be taken home by a responsible friend or family member and be cared for that day and night, or have someone on hand in case of any problems.

For at least 12 hours after the procedure you must not:

- Drive a car or motorcycle (this is against the law)
- Operate machinery
- Make any important decisions or sign any legal contracts (the medicine used may temporarily reduce your understanding/impair judgment)
- Drink any alcohol or take sleeping tablets.

What are the possible complications?

There are some risks and complications related to having a colonoscopy. Your specialist will explain these before you have the test.

This pamphlet is a general guideline and does not replace the information given to you verbally or written by your surgeon.

PI 6A 08/18