



BOWEL PREPARATION INSTRUCTION SHEET FOR SURGERY

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY. CONTACT THE ROOMS IF YOU DO NOT UNDERSTAND THE INSTRUCTIONS OR IF YOU HAVE ANY QUERIES.

PLEASE PURCHASE 2 SATCHETS OF PICOLAX FROM YOUR PHARMACY. YOU DO NOT NEED A PRESCRIPTION FOR THIS. YOU WILL BE GIVEN 3 TABLETS OF BISALAX.

MEDICATIONS

If you are on blood thinning medications including warfarin, clopidogrel (Plavix), rivaroxaban (Xarelto) and dabigatran etexilate (Pradaxa), then you will need to **cease these 7 days before the procedure** unless previously discussed with Mr Ong. Please also let Mr Ong know if you are on any other blood thinning medications such as aspirin or NSAIDs (eg nurofen, indocid).

DIABETES MEDICATIONS

Please discuss this with your anaesthetist or peri-operative physician. General guidelines are given below.

Oral medication: Do not take any oral diabetes medications the day of your surgery. If you are on Metformin, this should be stopped two days before surgery.

Insulin: If you are a type 1 diabetic, it is very important to have some long-acting insulin (approximately half of your usual dose) even though you are fasting. Please discuss this with the anaesthetist or peri-operative physician.

Please note: Oral contraceptives may not be effective after bowel preparation, extra precautions for the rest of the month is advised.

Take ALL other medicines as instructed by your normal doctor. On the day of your colonoscopy, take your medicines with a sip of water.



THE DAY BEFORE YOUR PROCEDURE

You may have a light breakfast, but from then you must not have any solid foods. Only drink clear liquids the ENTIRE DAY before your procedure. Do not eat any solid foods. Drink at least 1-2 cups (250-500 mls) of clear liquids every hour during the day to prevent dehydration. The clear liquids you can drink include:

- ✓ water, cordial, apple juice or broth
- ✓ black coffee or tea (without milk)
- ✓ clear carbonated beverages such as lemonade or Fanta
- ✓ Cordial, Gatorade® or other sports drinks or other flavored drinks
- ✓ plain jelly or icypoles
- ✓ do not drink alcohol on the day before or the day of the procedure

WHEN TO TAKE YOUR BOWEL PREP

FOR PROCEDURES IN THE MORNING (BEFORE 12 NOON)

THE DAY BEFORE YOUR PROCEDURE

AT 12pm take three tablets of BISALAX

AT 3PM add one sachet of PICOLAX to 250mls of tap water. Stir until effervescence completely ceases and slowly drink the entire amount.

AT 6PM add the second sachet of PICOLAX to 250mls of tap water. Stir until the effervescence completely ceases and slowly drink the entire amount.

Continue drinking at least 1-2 glasses of approved clear fluids every hour until you go to bed.

FAST FROM MIDNIGHT - THIS MEANS NOTHING TO EAT OR DRINK ON THE DAY UNTIL AFTER YOUR PROCEDURE.

FOR PROCEDURES IN THE AFTERNOON (AFTER 12 NOON)

THE DAY BEFORE YOUR PROCEDURE

AT 3PM take three tablets of BISALAX

AT 6PM add one sachet of PICOLAX to 250mls of tap water. Stir until effervescence completely ceases and slowly drink the entire amount.

THE MORNING OF YOUR PROCEDURE

AT 6AM add the second sachet of PICOLAX to 250mls of tap water. Stir until the effervescence completely ceases and slowly drink the entire amount.

AT 6-7:30AM Drink plenty of clear fluids as described above. DO NOT have anything to eat. After 7:30AM, do not have any further oral intake.

FROM 7:30AM: NOTHING TO EAT OR DRINK ON THE DAY UNTIL AFTER YOUR PROCEDURE.