

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery

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COLONOSCOPY : PATIENT INSTRUCTIONS AND INFORMATION

Please read these instructions carefully as soon as you receive them and prior to the day of your appointment. Call the office if you have any questions or concerns. **If you are 75 years or older, have kidney/heart problems or inflammatory bowel disease please let us know as alternate instructions may be needed.** You need to ensure that you have confirmed your appointment time, and the location of your colonoscopy at:

- Cabrini Hospital, Day Procedure Centre, Isabella Street, Malvern 3144
- Cabrini Brighton, 243 New Street, Brighton 3186

WHAT IS COLONOSCOPY?

Colonoscopy is a procedure performed to assess your colon. A flexible tube, 6 feet in length is passed through the anus, and allows your surgeon to visualise the internal lining of your colon.

WHY DO WE DO COLONOSCOPY?

The internal lining of the colon is the site of many disease processes, including tumours. Colonoscopy allows your surgeon to diagnose or exclude these diseases. In general, cancer of the colon is preceded by a polyp, or a benign growth. Your surgeon can remove these polyps, and thus reduce your risk of developing cancer.

WHAT ARE POLYPS?

Polyps are small, non-cancerous growths of the lining of the colon. They vary in size between 2 mm and 5 cm.

Some polyps will develop into a cancer if not removed. Polyps can be removed at colonoscopy by the use of an instrument which resembles a lasso with or without a small amount of electrical current.

WHAT IS INVOLVED?

The day before, you must clean your colon with the instructions provided on the next page. You will stay in the procedure centre, for a period of around 3 hours. The procedure itself takes only 20 minutes. You are given a light anaesthetic, through a drip inserted into a vein in your arm or hand. You may still be aware of the procedure taking place, and may feel some discomfort, but this is generally minor. Generally, your memory of the procedure is very limited, and you may not even remember talking to staff in the centre. For this reason, you will be given written instructions after your colonoscopy, even though your surgeon will speak to you after the test is completed. Because you are sedated during your colonoscopy, you must make plans to be driven home by a relative or friend after your procedure.

RISKS

1/2000 risk of perforation which may mean hospital admission, antibiotics and in uncommon cases, an operation

1% risk of bleeding if a polyp is taken; this can happen up to 10 days after.

If you have severe abdominal pain, fevers, moderate volume of blood in your stool, or you feel unwell, you must present to the Emergency Department or contact Mr. Yap.

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Please buy 3x Picolax from the pharmacy before the procedure

For all colonoscopies, please eat a low fibre diet (no wholemeal/multigrain) and stop eating red meat **2 days** before your procedure.

MORNING COLONOSCOPY

THE DAY BEFORE YOUR COLONOSCOPY

1. Eat a light breakfast and brunch the day before your surgery
2. Stop eating food after your brunch (before **11:00am**). Continue to drink **clear fluids** such as water, sugar free jelly, Gatorade, cordial, black tea or coffee and clear soup (**no milk, no red/purple jelly or drinks**) in the afternoon, evening and overnight to maintain hydration.
3. **At 1pm** Mix and drink one (1) sachet of Picolax. Mix the entire sachet with a large glass of water. Stir until the effervescence ceases, then drink the solution. You should then aim at drinking at least one glass of water each hour until retiring for sleep.
4. **At 4pm** Mix and drink one (1) sachet of Picolax
5. **At 7pm** Mix and drink one (1) sachet of Picolax

ON THE DAY OF COLONOSCOPY

Continue drinking clear fluids until 2 hours before you arrive. Turn up to the Procedure Centre at the time designated. Call the rooms if you have any questions.

AFTERNOON COLONOSCOPY

THE DAY BEFORE YOUR COLONOSCOPY

1. Eat a light breakfast and lunch the day before your surgery
2. Stop eating food after your lunch (before **1:00pm**). Continue to drink **clear fluids** such as water, sugar free jelly, Gatorade, cordial, black tea or coffee and clear soup (**no milk, no red/purple jelly or drinks**) in the afternoon, evening and overnight to maintain hydration.
3. **At 4pm** Mix and drink one (1) sachet of Picolax. Mix the entire sachet with a large glass of water. Stir until the effervescence ceases, then drink the solution. You should then aim at drinking at least one glass of water each hour until retiring for sleep.
4. **At 7pm** Mix and drink one (1) sachet of Picolax

ON THE DAY OF COLONOSCOPY

5. **At 7am** Mix and drink one (1) sachet of Picolax. Continue drinking clear fluids until 2 hours before you arrive.

Turn up to the Procedure Centre at the time designated. Call the rooms if you have any questions.