



MdP
DR. MARÉ DU PLESSIS
SPECIALIST SURGEON

YOUR COLONOSCOPY GUIDE

Everything you need to know before your colonoscopy. Following these instructions carefully will help ensure the best possible examination.

Bowel preparation

A clean bowel allows Dr du Plessis to examine the lining of your colon thoroughly and identify even very small polyps or early abnormalities. Your prescription is for three Picoprep sachets, available from most pharmacies.

DOs & DONTs

You may have

- ✓ Water
- ✓ Fruit juices
(apple, grape, cranberry)
- ✓ Clear electrolyte drinks
(Energade, Powerade)
- ✓ Clear cooldrinks
(Coke, Sprite, Sprite Zero)
- ✓ Black tea or black coffee
- ✓ Clear jelly
(no fruit or custard)

Please avoid

- ✗ Dairy products
(milk, cream, yoghurt)
- ✗ Fruit juice with pulp
- ✗ Smoothies
- ✗ Alcohol
- ✗ All solid food

If the bowel is not adequately cleaned, important findings may be missed and, in some cases, the procedure may need to be repeated.

The day before your colonoscopy.

You may eat one light breakfast only. After breakfast, consume clear fluids only for the remainder of the day.

Drink at least 4 litres of water throughout the day. This is essential. Other clear fluids are encouraged, but they do not replace the required four litres of water.

Your bowel prep drinking schedule

Before 10am

Enjoy a light breakfast.

This will be your last solid meal before the procedure.

10am: Sachet 1

Prepare and drink your first Picoprep sachet.

Continue drinking plenty of water and approved clear fluids.

2pm: Sachet 2

Prepare and drink your Second Picoprep sachet.

Continue drinking plenty of water and approved clear fluids.

6pm: Sachet 3

Prepare and drink your third Picoprep sachet.

Continue drinking clear fluids until advised by the practice.

A tip from Sister Corné: "Many patients find the preparation easier to drink when mixed with warm water and sipped slowly, like a cup of herbal tea.

Drinking it too quickly can cause nausea because of its strong lemon flavour."



On the day of your procedure



Sister Corné will telephone you to confirm your arrival time, answer any questions, advise exactly when you should stop drinking clear fluids, and remind you about your medications.



Please **continue taking your regular medication** unless advised otherwise. If you take blood-thinning medication or have diabetes, discuss this with the practice well before your procedure.



Before the procedure, **Dr du Plessis will explain everything**, answer any questions and ask you to sign a consent form.



The procedure is performed under sedation, so most patients **remain comfortable and remember very little** afterwards.

Recovery

Most patients recover quickly without any problems.

However, if you experience **severe abdominal pain, significant bleeding, a fever or begin feeling increasingly unwell after returning home**, please contact Dr Maré du Plessis' practice immediately, or attend the Emergency Department at Mediclinic Milnerton.

After your colonoscopy



Once you are awake, you will enjoy tea or coffee and a light snack before returning to Dr du Plessis' consulting rooms.



Dr Du Plessis will **discuss your results, show you photographs taken during the procedure, and explain** whether any biopsies were taken or polyps were removed.



If biopsies are taken, the results are usually available later that week or early the following week, and the practice will contact you.



Some mild bloating or wind afterwards is perfectly normal and usually settles within a few hours. Most people return to work, exercise and their usual activities the following day.



Please arrange for a responsible adult to drive and accompany you home after your colonoscopy.

Although the sedation wears off quickly, it can affect your judgement and reaction times for the rest of the day.



For your safety, **do not drive, operate machinery, drink alcohol or sign important legal or financial documents** until the following day.

Questions? Contact us:



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