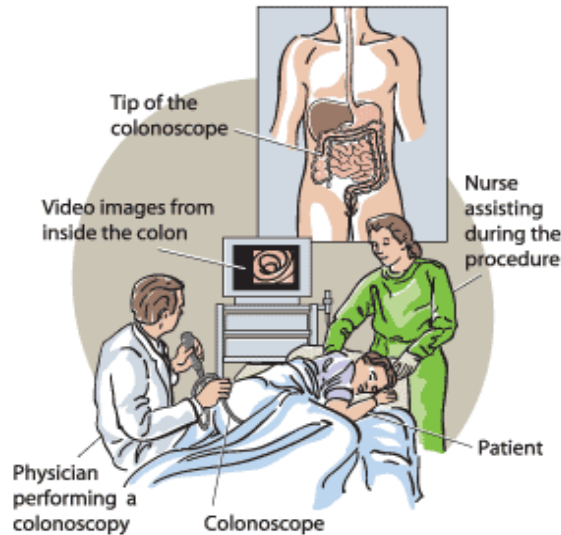


## PREPARATION FOR COLONOSCOPY



### WHY IS A COLONOSCOPY PERFORMED?

There are a number of reasons why your doctor may request a colonoscopy, and some of these are listed below:

- \* To remove a polyp to prevent it becoming cancerous
- \* To diagnose the cause of bleeding from the back passage
- \* To diagnose the cause of pain in the lower abdomen
- \* To diagnose the cause of chronic diarrhoea

### IS IT SAFE?

Yes, but there is a small chance of injury to the bowel, a one in one thousand chance of perforating the bowel which may require an operation to repair. In some cases this may involve being in Intensive Care and having a colectomy with a stoma. Usually the stoma will be reversed after 6 months. There are also general risks when having an anaesthetic to heart and lungs may cause strokes, kidney failure and even death under a general anaesthetic has been reported.



### How long Does it Take?

It is a day only procedure

Most colonoscopies take Dr Hehir 30 minutes to perform



You cannot drive for 24 hours after surgery



**Buy a box of PicoPrep from your chemist with 3 sachets**



**DAY 1**

NO PIPS OR SEEDS IN YOUR DIET

**DAY 2**

NO PIPS OR SEEDS IN YOUR DIET

**DAY 3**

NO PIPS OR SEEDS IN YOUR DIET

NO FIBRE IN YOUR DIET IE;

NO FRUIT, VEGES, RED MEAT OR HI FIBRE FOODS



**DAY 4**

NO FOOD AT ALL

DRINK CLEAR FLUIDS ONLY

2PM –DRINK 1SACHET OF PICOPREP

7PM-DRINK 1 SACHET OF PICOPREP

6 HOURS BEFORE LEAVING HOME-DRINK 1 SACHET OF PICOPREP



**Day 5**

YOUR OPERATION DAY.

NIL BY MOUTH INCLUDING NO MEDICATIONS



**NOTES ON MEDICATIONS**

- 1 Patients who are on Aspirin, Cartia, Warfarin Plavix, Clexane or other blood thinners may need special advice from Dr Hehir about whether to take these pills as they can cause bleeding
- 2 Patients who are Insulin –dependent Diabetics need special instructions and must consult with their physician as well as Dr Hehir

