



MR VIKRAM BALAKRISHNAN

~ COLORECTAL SURGEON ~

MBBS, BMedSc, Dip. Surg Anatomy, FRACS, CSSANZ

COLONOSCOPY INSTRUCTION SHEET- MORNING PROCEDURE

Admission Date:

Hospital: Warringal Private Hospital, 216 Burgundy Street Heidelberg, PHONE: 9274 1356

Warringal Hospital Information:

ADMISSION TIME: Warringal Private Hospital will contact you with your admission time.

Warringal Hospital admission FORM- Sent to: 216 Burgundy Street Heidelberg Vic 3084. *** Please return this form to Warringal at least 7 days before your surgery or submit details on line. www.warringalprivate.com.au This takes 10 minutes and you will receive an email confirmation.

Mr Balakrishnan's forms- Return 7 days prior to:: Mr Vikram Balakrishnan, Suite 21, Northpark Private Hospital Consulting Suites, Cnr Greenhills & Plenty Roads, Bundoora Vic 3083 OR email to: reception@samelbourne.com.au

1. **REFERRAL:** - Please note your procedure will not be performed unless we have a current referral.
2. **INFORMED FINANCIAL CONSENT / OUT OF POCKET FEE-** This form must be signed and payment made prior to your surgery.
3. **PATIENT REGISTRATION FORM-** If this is included in your paperwork.

DIABETES / MEDICATIONS:

It is important to notify us immediately if you are a diabetic, taking medications, allergic to medications, or using blood thinning tablets (ie Aspirin / Warfarin) as certain medications need to be ceased 7 to 10 days prior to admission.

Please stop the following medications: _____

PLEASE TURN OVER FOR YOUR INSTRUCTIONS



BOWEL PREPARATION:

You will need to purchase from your local chemist the preparation listed here.

- **3 Sachets of PicoPrep or PicoLax &**
- **2 Bisacodyl tablets**

The success of your examination depends on the bowel being as clear as possible otherwise the examination may need to be repeated.

TWO DAYS BEFORE PROCEDURE

Stop all iron containing medications. Continue with your regular medication unless you have been advised otherwise. If you have not notified us that you are taking medications please do so immediately.

Stop eating meat, brown bread, cereals, fruit or vegetables. Do not have anything with seeds in it. Do not have any yellow cheese and no butter products.

You may eat only the following foods: boiled egg or poached egg, cottage/feta cheese, low fat plain yogurt, sugar, milk, white bread/muffins/rice/pasta, rice bubbles, white rice crackers, lemonade, lemonade icy pole, steamed white fish, boiled chicken, well cooked peeled pumpkin or well cooked peeled potato.

ONE DAY BEFORE PROCEDURE

NO solid food, NO milk products. Drink only “approved clear fluids” for breakfast, lunch and dinner.

List of Approved Clear Fluids

Water, Clear Fruit Juices (Apple), Plain Jelly (Yellow Jelly Only), Black Tea or Black Coffee (**No Milk**), Bonox, Lucozade, Barley Sugar, Clear Broth, or Clear Bouillon, lemonade, lemonade icy pole, Clear Fruit Cordials (Clear Lemon, Clear Lime) ***NO RED, GREEN or PURPLE COLOURS.**

FROM 8AM- DRINK AT LEAST ONE GLASS (250ml) OF CLEAR FLUIDS EACH HOUR UNTIL BEDTIME.

@ 2:00pm - Add the entire contents of ONE sachet of PicoPrep in a glass of warm water (approx 250ml). Stir until content has dissolved. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids, in order to retain hydration throughout your body. *(All 3 Doses of Picoprep can be made up and then stored in the refrigerator if preferred).*

@ 4:00pm- Follow Same Procedure as the 1st dose

@ 6:00pm- Follow Same Procedure as the 1st dose.

@ 8:00pm - Take 2 Bisacodyl* Tablets

FOOD: No food permitted

FLUIDS: CONTINUE TO DRINK AT LEAST ONE GLASS (250ml) OF CLEAR FLUIDS EACH HOUR UNTIL BEDTIME. (You are able to drink fluids until 6am if required)

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within only three hours of taking the first dose. Please remain within easy reach of toilet facilities

Please do not hesitate to contact our rooms if you have any questions.