



# MR VIKRAM BALAKRISHNAN

~ COLORECTAL SURGEON ~

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

## COLONOSCOPY (Afternoon Information and Instruction sheet)

Admission Date ...../...../.....

**Hospital:**

Victorian Gut Centre 119 Plenty Road BUNDOORA 3083 **Hospital 9466 8466**

**CONFIRMATION of Admission Time:** The hospital will confirm your admission time the day prior to your procedure via text message or telephone.

**Victorian Gut Centre PRE-ADMISSION FORM- Send to Victorian Gut Centre NO later than 7 business days prior to your admission:** 119 Plenty Road Bundoora Vic 3038 or email [reception@vicgut.com.au](mailto:reception@vicgut.com.au)

**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: [reception@samelbourne.com.au](mailto: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:** \_\_\_\_\_

### **DISCHARGE FROM HOSPITAL:**

You will be in hospital for approximately 2 hours from time of admission. It is important that you **arrange for someone to drive you home on discharge from the hospital and stay with you overnight.** You **MUST NOT** drive a car or operate machinery for the rest of the day after your colonoscopy.

**\*Please see over page for preparation instructions**



**BOWEL PREPARATION:**

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

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| <ul style="list-style-type: none"><li>• <b>3 Sachets of PicoPrep or PicoLax &amp;</b></li><li>• <b>2 Bisacodyl tablets</b></li></ul> |
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The success of your examination depends on the bowel being as clear as possible otherwise the examination may need to be repeated. **See below for preparation instructions.**

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**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.

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**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.**

**@ 6:00pm** - 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 Fluids, 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).

**@ 8:00pm** - Follow same procedure as the 6pm dose.

**@ 9:00pm - Take 2 Bisacodyl\* Tablets**

**FLUIDS:** CONTINUE TO DRINK AT LEAST ONE GLASS (250ml) OF CLEAR FLUIDS EACH HOUR UNTIL BEDTIME.

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**DAY OF PROCEDURE**

**@ 8am** - 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 Fluids, In order to retain hydration throughout your body.

**FLUIDS:** CONTINUE TO DRINK WATER UNTIL 11am. (**OR** You are able to drink water up to 2 hours prior to your admission time).

**FOOD:** no food permitted.

**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**