

# CAPE GASTRO

gastroenterology

## Preparing for gastro/colonoscopy

Thank you for booking your procedure through Cape Gastro and Dr. Rush. For your peace-of-mind, please take the time to read through this document to ensure that a good quality and comfortable procedure is performed. I recommend you begin by watching the videos (click on the links below) to educate yourself on what a gastroscopy and a colonoscopy are and how they are performed. If you are 'tech savvy' there are good, free 'apps' that can be downloaded to assist you in your preparation for your colonoscopy - 'UCLA colonoscopy helper' comes highly recommended.

**C-scope:** <https://www.youtube.com/watch?v=VBraB8Oe9Fk>

**G-scope:** <https://www.youtube.com/watch?v=tEFPeVkk3jM>

The **three key points** to cover for a well-prepared gastro/colonoscopy include:

1. Your booking and authorisation
2. Preparing your colon/stomach
3. Preparing for your sedation

### 1. YOUR BOOKING AND AUTHORISATION

#### DATE OF PROCEDURE:

**The recommended arrival time to hospital reception is 2 hours before** (6h30 if 8h00 procedure). Thereafter you will be admitted to the surgical ward on the 1st floor where you will be collected from for your scope. We strongly suggest that you arrive no later than 8am for later bookings.

#### YOUR AUTHORISATION:

For **private patients** - you must settle the bill (billed at Discovery Health Classic rates) either before the procedure in rooms, or through MedX, our billing company. (Naseema can provide you with a quote for the procedure).

For **medical aid patients** - it is your responsibility to obtain authorisation for your procedure by placing a call to your insurance, asking for authorisation and by giving them the details for the procedure below. If you have any queries regarding this, please call (087 702 6244) or email the practice (hello@capegastro.co.za).

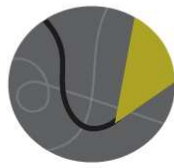
#### ICD 10 code/s for the indication for procedure:

#### Code/s for the procedure to be performed:

DR COLIN RUSH, physician gastroenterologist  
MBChB (UCT), FCP(SA), MMED, Cert. Gastroenterology (SA)  
PR No\_0817554 / MP0687901

ADDRESS\_102 Fairfield Medical Suites, Life Kingsbury Hospital, Wilderness Rd, Claremont, 7700  
TEL\_087 702 6244 / EMERGENCIES\_021 670 4180

[www.capegastro.co.za](http://www.capegastro.co.za) / [drush@capegastro.co.za](mailto:drush@capegastro.co.za)



# CAPE GASTRO

gastroenterology

## 2. PREPARING YOUR STOMACH/COLON (AS PER A COLONOSCOPY)

A poorly prepared colon makes it difficult for the doctor doing your procedure - especially impacting on procedural accuracy and your satisfaction. In order to prepare your colon correctly please follow the preparation protocol below.

**Two key aspects** are needed in order to prepare your colon adequately for the procedure:

1. Your diet (beginning a few days before for your colonoscopy)
2. The use of 'laxatives' to cleanse your colon

### YOUR DIET:

Preparation starts **two days before your procedure with a low fibre diet.**

Examples of **low fibre foods** allowed, include fresh peeled and pitted (pips removed) fruits (ie apples) and cooked vegetables (ie carrots), cheese, fish, and white bread.

*For the day before your procedure might we suggest scrambled egg on a slice of white toast for breakfast, a simple cheese sandwich (white bread) for lunch and a clear chicken soup for dinner (with apple snacks in between if necessary).*

**Wholegrain bread, muesli, brown rice, large meat dishes, 'stringy' fruits and vegetables (eg oranges and mushroom) - are not permitted.**

Some protocols suggest a clear liquid diet the day before your colonoscopy (if you can see through the liquid, you can drink it). Although this is the most effective way to prepare, it not enjoyed by many patients. However, if you would like to try this on the day before the scope, you are most encouraged.

### COLON CLEANSING LAXATIVES:

#### How laxatives need to be taken?

'**Split-dose**' bowel preparation is best recommended for your elective colonoscopy. Split dose means that half of your total laxatives are taken in the evening before the procedure and the other half are taken the morning of your procedure.

**Should your procedure be planned for late in the day** (rare occurrence), the last dose of bowel prep can be taken within 5 hours of the procedure and must be completed at least 2 hours before the procedure (an interval between 3-5 hours from the last dose has the best results).

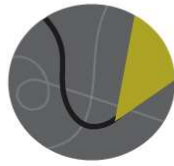
#### Which laxatives are taken?

Dr Rush will discuss and prescribe for you the laxatives that need to be taken. There are **two main types** of laxatives that the practice uses. 4 litres of **Klean-prep** is high volume and sometimes poorly tolerated. 2 litres of **MoviPrep** is

DR COLIN RUSH, physician gastroenterologist  
MBChB (UCT), FCP(SA), MMED, Cert. Gastroenterology (SA)  
PR No\_0817554 / MP0687901

ADDRESS\_102 Fairfield Medical Suites, Life Kingsbury Hospital, Wilderness Rd, Claremont, 7700  
TEL\_087 702 6244 / EMERGENCIES\_021 670 4180

www.capegastro.co.za / drrush@capegastro.co.za



# CAPE GASTRO

gastroenterology

low volume and usually better tolerated. Certain preparations are indicated for certain patients (ie those with inflammatory bowel disease or those with bad kidneys).

Routinely, **no enemas are needed before a colonoscopy.**

If **MoviPrep** is prescribed:

Begin at 6pm the night before ...

1. Empty the contents of 1 pouch A and 1 pouch B into the container provided.
2. Add lukewarm water to the 'Fill' line on the container.
3. Mix to completely dissolve the contents of pouch A and B into the lukewarm water.
4. Drink 1 glass (240 mL) every 15 minutes. Be sure to drink all of the solution over the hour.
5. Fill the container with 2 cups of clear liquid and drink all of this liquid before going to bed.

The morning of the procedure ...

1. Repeat steps 1 through 4 of the MoviPrep protocol beginning at 5am or completed at least 2 hours before your colonoscopy.
2. Fill the container with 2 cups of clear liquid and drink all of this liquid 4 hours before the scheduled colonoscopy.

If **Klean-Prep** is prescribed: (total of 4 litres needs to be taken)

1. Empty the contents of one sachet of Klean-Prep into 1 litre of water.
2. Stir until the solution is clear.
3. Drink 1 glassful of Klean-Prep about every 15 minutes until you have drunk it all.
4. Make up and take the next sachet in the same way.

By this point you should be having clear watery bowel movements so be sure to stay near a toilet

The morning of the procedure ...

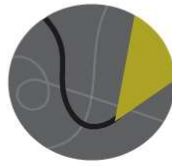
1. Repeat steps 1 to 4 beginning at 5am to 7am

By this point you should be having clear watery bowel movements. Please be sure to keep well hydrated by drinking 1 cup of clear liquid if/when you feel thirsty.

**DR COLIN RUSH**, physician gastroenterologist  
**MBChB (UCT), FCP(SA), MMED, Cert. Gastroenterology (SA)**  
PR No\_0817554 / MP0687901

ADDRESS\_102 Fairfield Medical Suites, Life Kingsbury Hospital, Wilderness Rd, Claremont, 7700  
TEL\_087 702 6244 / EMERGENCIES\_021 670 4180

[www.capegastro.co.za](http://www.capegastro.co.za) / [drush@capegastro.co.za](mailto:drush@capegastro.co.za)



# CAPE GASTRO

gastroenterology

## 3. PREPARING FOR YOUR SEDATION

A scope procedure can be done under **light conscious sedation** or **deeper sedation** depending on your/Dr. Rush's preference. Generally, when performed in theatre, we will make use of an anaesthetist or a seditionist to tend to your sedation (this will be at your extra cost).

### **\*IMPORTANT POINTS TO NOTE:**

**No solids** are to be eaten within **6 hours of the procedure**. **Drink only clear liquids up to 2 hours before the procedure, then stop drinking liquids until after the colonoscopy**. If any sedation is used, please make sure that you organise a lift home when you are discharged from the ward following the procedure. **You are not allowed to drive a vehicle on the same day that sedation is received.**

Thank you for taking the time to read this document. If you have any questions, please contact Cape Gastro as per the details below. I look forward to seeing you on the day of your procedure.

Kindest regards,

Dr. Colin Rush

**DR COLIN RUSH** physician gastroenterologist  
**MBChB (UCT), FCP(SA), MMED, Cert. Gastroenterology (SA)**  
PR No\_0817554 / MP0687901

ADDRESS\_102 Fairfield Medical Suites, Life Kingsbury Hospital, Wilderness Rd, Claremont, 7700  
TEL\_087 702 6244 / EMERGENCIES\_021 670 4180

[www.capegastro.co.za](http://www.capegastro.co.za) / [drush@capegastro.co.za](mailto:drush@capegastro.co.za)