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For afternoon procedure

COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS.

PICOPREP

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

Stop all iron containing medications, BUT continue with your other regular medication. If you are taking Warfarin, anti-platelet agents, or any blood thinners, these can usually be continued for the test. If you are taking medication for your heart, blood pressure, or asthma you should take this as normal on the morning of your test with a small sip of water.

If you are diabetic and take insulin, you should check with your usual doctor on how to vary your insulin dosage, before you start taking the bowel preparation. If you are diabetic and take tablets for your diabetes, these should be missed on the day of your procedure. It is also VERY important that you ask us for the earliest appointment possible on the day of your procedure.

TWO DAYS BEFORE YOUR EXAMINATION

You must go on a low fibre diet and drink plenty of clear fluid from the list below, which informs you what you may or may not eat or drink.

NOT ALLOWED:

Stop Metamucil and constipating agents (eg Imodium, Gastro-Stop, Codeine or Lomotil).

No fatty or oily foods.

Do **NOT** eat red meat, brown bread, noodles, brown rice, cereals, milk, soy, vegetables or fruit.

Do **NOT** have anything with seeds in it.

Do **NOT** have any yellow cheese, margarine or butter. **NO ALCOHOL**

ALLOWED:

You may eat cottage cheese, low fat plain yoghurt, skinny milk, white bread, boiled or poached eggs, steamed or microwaved white fish, grilled chicken, plain tinned tuna in brine **ONLY**, smoked salmon, and well cooked, peeled pumpkin and potato. You may add salt and pepper to taste. You may have clear jelly (only lemon or lime) and you **MUST** drink plenty of clear fluids.

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APPROVED CLEAR LIQUIDS:

Water, clear salty fluids (eg strained chicken noodle soup, clear broth or bouillon, Bonox, miso soup). Clear fruit juices (apple or pear) or clear cordials (lemon or lime). Black/Green/Herbal tea or Black coffee and artificial sweeteners are permitted. Clear jelly, carbonated soft drinks, sports drinks, Gastrolyte or Lucozade - **NO** red or purple colors. Hydralyte (available from pharmacies - orange or lemon only) is excellent for electrolyte hydration. A hearty combination of these clear liquids, (including 3-4 cups of clear soups) will give a variation in fluid intake. Sugar or honey is allowed. You may suck barley sugar or equivalent. If the weather is very hot, you can have Hydralyte Icy Poles (available at the pharmacy at an approx cost of \$10-12 per box. Lemonade flavour only). This will help with fluid and electrolyte replacement.

ONE DAY BEFORE EXAMINATION:

Have a light breakfast and lunch **BY 1pm today** from the allowed foods list. Have **only approved CLEAR LIQUIDS** (refer to list) **from now on**. At 5pm the bowel preparations begin. The bowel preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within three hours of taking the first dose. Please remain within easy reach of toilet facilities from 6pm today.

During the day drink at least 1.5 litres (or more if the weather is hot) of **approved clear liquids** in addition to the prepared solutions.

1st DOSE: (5.00pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) in order to remain hydrated throughout your body.

2nd DOSE: (6.00pm) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) in order to remain hydrated throughout your body.

DAY OF EXAMINATION:

3rd DOSE: (7.00 am) Add entire contents of one **PICOPREP** sachet into 250ml of warm water, stirring until effervescence ceases. Chill for half an hour before drinking if preferred. Drink the solution gradually but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour) **until 4 hours prior to your admission time**, in order to retain hydration throughout your body,.

You may take your regular medications for heart, blood pressure or asthma. You must have someone drive you to and pick you up from your hospital admission. You **MUST NOT** drive your car, operate machinery, ride a bike or make important decisions for the rest of the day after the procedure, due to the effects of anaesthesia.