

PICO PREP 3 INSTRUCTION SHEET

8/2017

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY (not the packet instructions) . The success of the procedure depends on the bowel being as clean as possible, otherwise the procedure may need to be repeated.

Purchase prep from Chemist, you must take sachets x 3. This product is not suitable if you are over 70 years or have a history of impaired renal function, congestive cardiac failure or a history of electrolyte disturbance. Contact Clinic for alternative instructions.

TWO DAYS BEFORE YOUR EXAMINATION

LOW FIBRE DIET

You may eat meat, fish, chicken, eggs, cottage cheese, plain yoghurt, white bread, white pasta, white rice and well-cooked pumpkin or peeled potato.

Stop eating brown bread, high fibre cereals, vegetables, fruit, and anything with seeds or nuts

DRINK A VARIETY OF FLUIDS (salty & sweet) approximately 3 litres throughout the day.

ONE DAY BEFORE EXAMINATION

CLEAR FLUIDS ONLY

APPROVED CLEAR FLUIDS: Water of any kind, **CLEAR** fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, broth, chicken stock, miso, lucozade, gatorade, staminade, carbonated, lime or lemon cordial. A good combination of clear fluids, including 2 – 3 cups of broth & a litre of Gatorade will give you a variation & prevent dehydration. Avoid red or purple coloured drinks, cloudy fruit juices or fruit juices with pulp, milk/dairy products.

If you are taking blood thinning /anti coagulants, other than aspirin, you should discuss with your Specialist. You may need to consult with the physician who prescribed the anti coagulants.

Cease Fish Oil / Krill medication x 1 week prior to appointment.

If you are taking a combined blood pressure & diurectic medication, cease 1 day prior to your procedure.

If you are a Diabetic, Refer to Colonoscopy Information for Patients & Carers for further details.

Otherwise, take your usual medication (heart, blood pressure) with a sip of water on the day of the test

Instructions if you are having a morning procedure (7am – 1pm)	Instructions if you are having an afternoon procedure (1pm – 6pm)
<p>.....DAY: The day before your procedure:</p> <p>CLEAR FLUIDS ONLY (1 – 2 glasses every hour)</p> <p>1st dose 4 pm Mix the contents of one sachet of PICOPREP in a glass (250 ml) of warm water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids. If you feel nauseated, drink prep via a straw.</p> <p>NEXT dose 7pm Mix & drink as above.</p> <p>FINAL DOSE: PICO PREP 9 pm Repeat as above. Continue drinking clear fluids up to bedtime.</p> <p>NEXT DAY / DAY OF PROCEDURE - you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time,</p>	<p>..... DAY: The day before your procedure: Have a light breakfast – black tea/coffee, white toast & egg before 9am. After this you will be on CLEAR FLUIDS ONLY (1 -2 glass every hour)</p> <p>1st dose 6 pm (earlier if preferred) Mix the contents of one sachet of PICOPREP in a glass (250 ml) of warm water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.</p> <p>NEXT dose 9 pm Mix & drink as above.</p> <p>DAY OF PROCEDURE / ADMISSION FINAL DOSE: PICO PREP 6 – 7am, Mix & drink as above. Continue clear fluids up to 6 hrs before your admission, then you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time,</p>

The preparation will cause multiple bowel movements and may cause some intestinal cramping .You will need nearby access to toilet facilities, plan your day accordingly.

YOU MUST HAVE A RESPONSIBLE ADULT TO COLLECT YOU, after the procedure.