

**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 (3 packets - Glycoprep C 70 g x 1, Picoprep x 2)

**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, lucozade, gatorade, staminade, carbonated drinks, barley water, CLEAR broth, chicken stock, miso, 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 morning of the procedure**

Morning Procedure (7am – 1pm)	Afternoon Procedure (1pm – 6pm)
<p>.....<b>DAY: The day before your procedure:</b></p> <p><b>CLEAR FLUIDS ONLY (1 – 2 glasses every hour)</b>  <b>Between doses, drink 1 – 1.5 litres of clear fluids</b></p> <p><b>1st dose at 5pm</b> (earlier if preferred)                      Add the contents of one sachet of <b>PicoPrep</b> in a glass (250 ml) of <u>warm water</u> and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.                      If you feel nauseated, drink prep via a straw.  <b>NEXT dose at 7pm GLYCOPREP C (70g)</b>  <b>Dissolve the Glycoprep C sachet in 1 litre of warm water and chill. Drink a glass of the preparation every 15 minutes.</b></p> <p><b>FINAL DOSE: PicoPrep 9 PM</b>                      Mix sachet of picoprep in a glass of warm water, drink mixture, followed by 2 glasses of clear fluids.</p> <p><b>Continue drinking clear fluids up to bedtime.</b></p> <p><b>Day of procedure: you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time.</b></p>	<p>..... <b>DAY: The day before your procedure:</b>                      Have a light breakfast – black tea/coffee, toast &amp; egg                      After this you will be on <b>CLEAR FLUIDS ONLY (1 -2 glass every hour)</b></p> <p><b>Between doses, drink 1 – 1.5 litres of clear fluids</b></p> <p><b>1st dose at 6 pm</b> (earlier if preferred)                      Add the contents of one sachet of <b>PicoPrep</b> in a glass (250 ml) of <u>warm water</u> and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.</p> <p><b>NEXT dose at 8pm GLYCOPREP C (70g)</b>  <b>Dissolve the Glycoprep C sachet in 1 litre of warm water and chill. Drink a glass of the preparation every 15 minutes.</b></p> <p><b>DAY OF PROCEDURE / ADMISSION</b>  <b>FINAL DOSE: PicoPrep 7am (Mix as 1<sup>st</sup> step)</b>                      Mix PicoPrep sachet &amp; drink mixture, followed by 2 glasses of clear fluids. Continue clear fluids up to 6 hrs before your admission, then <b>you may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time.</b></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.

Headache medication may be taken 4 – 6 hourly, if needed, up to 4 hours prior to appointment time.