

COLONOSCOPY PREPARATION

Please follow these instructions to ensure your bowel is completely emptied so that a clear view can be obtained at the time of examination.

MEDICATIONS :

If you are a Diabetic on **insulin/tablets** or taking **blood thinning medication** you will need special instructions. Please contact our office on 9899-5304.

FOUR DAYS before the procedure

Stop taking any fibre supplements and iron containing medications/tablets

TWO DAYS before the procedure

Reduce the amount of fibrous and fatty food you eat by **restricting** your intake **to the following foods**: Corn Flakes, Rice Bubbles, white bread (no added fibre), fleshy fruits (no seed, husks or skin). Lean meat, poultry, egg, fish, mashed vegetables, eg. Potato/pumpkin (no salad, peas or sweet corn) tea, coffee, fruit juices, soft drinks, white (plain biscuits), plain cake, low fat milk, little butter or margarine. Avoid eating nuts, seeds, grapes, greenpeas, beans, tomatoes and bread containing seeds you can see.

ONE DAY before the procedure

DO NOT HAVE ANY FOOD AT ALL

DO NOT FOLLOW INSTRUCTIONS ON THE PICO PREP BOX – PLEASE FOLLOW INSTRUCTIONS BELOW

During this day you must limit your intake to a variety of clear fluids, such as water, strained fruit juice, soft drinks, jelly, tea or coffee (no milk), herbal tea, clear broth, mineral or soda water and **yellow or green sports drinks (Powerade/Gatorade), Gastrolyte and/or Hydrolyte** No red or purple food colourings.

ADMISSION TIME 12.30am-3.00am PREPARATION SCHEDULE

First Sachet	7pm	DAY BEFORE PROCEDURE
Second Sachet	6am	DAY OF PROCEDURE
Third Sachet	9am	DAY OF PROCEDURE

FAST (No Food or Liquids) FROM 10.30am or 2 hours prior to admission

INSTRUCTIONS:

Add the entire contents of each sachet of Picoprep to a glassful of WARM (not hot) water and dissolve completely. The mixture may then be chilled. Drink the mixture gradually, you may use a straw if you wish. Ensure you drink a minimum of 2 glasses (glass=250ml) of clear fluids each hour. This can be followed by as many glasses of clear fluids as desired in order to satisfy your thirst. Be prepared for frequent bowel movements within 3 hours of the first dose, so you are advised to remain close to a toilet. Some intestinal cramps are normal.

***PLEASE FOLLOW THESE INSTRUCTIONS, NOT THE INSTRUCTIONS ON THE BOX**

HELPFUL HINTS:

For your additional comfort and to minimize excoriation, apply some Vaseline to the rectal area on bowel preparation day. Please be aware that you may be in hospital for the full day, so you may like to bring a book, magazine or iPad to pass the time. If you are on blood thinning medication and are unclear when and if you need to stop taking your medication, or if you have any queries relating to the preparation for your procedure please contact our office on 03 9899-5304