

Post 10am appointment COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS – PICOPREP

Be sure to read these instructions at least 4 days before your procedure to ensure you understand them.

| 4 days prior : | 3 days prior: | 2 days prior: | 1 day prior : | Day of procedure: |
|---|---|---|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised <input type="checkbox"/> Stop iron tablets, calcium, fish oils, Omega 3 or any other supplements <input type="checkbox"/> STOP EATING Any foods containing - Grains, nuts, Seeds & fibre <input type="checkbox"/> Stop taking fibre supplements eg; Metamucil, Normacol, Fybogel Movicol, bran. | <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised <input type="checkbox"/> Follow the list of 'Foods ALLOWED' (see overleaf) <input type="checkbox"/> STOP EATING Any foods containing - Grains, nuts, Seeds & fibre <input type="checkbox"/> Take 1 Dulcolax at bedtime, if instructed (attached below) OR <input type="checkbox"/> Take 1 Picoprep at 5pm, if instructed Add the sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) | <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised <input type="checkbox"/> Follow the list of 'Foods ALLOWED' (see overleaf) <input type="checkbox"/> STOP EATING Any foods containing - Grains, nuts, Seeds & fibre <input type="checkbox"/> Take 1 Dulcolax at bedtime, if instructed (attached below) OR <input type="checkbox"/> Take 1 Picoprep at 5pm, if instructed Add the sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) | <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised <input type="checkbox"/> Before 9am eat 2 slices of white toast only with honey or vegemite, tea/coffee with low fat milk. <input type="checkbox"/> 9am til 12pm - Drink 4 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 12pm til 1pm – East a light lunch eg; 1-2 scrambled, boiled or poached eggs with white bread and margarine <input type="checkbox"/> 1pm til 5pm – Drink 4 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 5pm – Add one sachet of Picoprep to one glass (250ml) of warm water and stir until dissolved. Chill if desired. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <input type="checkbox"/> 7pm – Add one sachet of Picoprep as instructed above. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) <p><u>From bedtime drink only water overnight</u></p> | <ul style="list-style-type: none"> <input type="checkbox"/> 6am – Add one sachet of Picoprep as instructed above. Drink 4 x 250 ml glasses of WATER ONLY <p>Medications</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication, as advised Reflux Blood pressure Epilepsy Asthma puffer <p><u>DO NOT TAKE DIABETIC MEDICATIONS OR INSULIN</u></p> <p><u>DO NOT BRING ANY MEDICATIONS INTO THE FACILITY EXCEPT FOR INSULIN</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> STOP drinking water 2 hours before your arrival time <p>Stop drinking water: _____</p> <p>Arrival time: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not chew gum or suck lollies <input type="checkbox"/> Leave dentures in (if applicable) <p>Please bring</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dressing gown (if you have one) <input type="checkbox"/> Supportive footwear <input type="checkbox"/> Spare pair of underpants <p>YOU MUST HAVE a responsible adult to take you home and remain with you for the duration of the day</p> |

Foods ALLOWED

BREADS limited to:

White bread, rolls, plain biscuits, white muffins, pancakes, waffles, honey, jams (without seeds), white crumpets, vegemite

CEREALS limited to:

Rice Bubbles, Cornflakes, Weetbix, Nutrigrain

DESSERTS (Low Fat) limited to:

Plain cake, water ices, natural low fat yoghurt, low fat ice cream, frozen yoghurt without fruit

FRUIT limited to:

Ripe banana, apple sauce, stewed peeled fruit

POTATO AND POTATO SUBSTITUTE limited to:

White rice, white pasta, egg noodles (2 minute noodles). Peeled mashed potato

VEGETABLES limited to:

Cooked peeled carrot, pureed squash, pumpkin

FATS limited to:

Minimal margarine, light salad dressing, light mayonnaise

MEAT & MEAT SUBSTITUTES limited to:

Well-cooked lean white meat ie: no fat – skinless chicken, fish, shellfish, eggs, low fat cheese, tofu

APPROVED CLEAR FLUIDS

Strained broth, strained chicken noodle soup, tea or coffee with low fat milk, apple juice, water, herbal tea, sports drinks, soft drinks, cordials, barley sugar, jelly, water ices, soup cubes, “clear” alcohol (in moderation, e.g. no red wine)

Please do not use red, blue or purple drinks or jelly

It is very important to have a variety of these approved clear fluids to replace the electrolytes you will lose throughout the day from taking the preparation.

DO NOT ONLY DRINK WATER

A vital part of this preparation is the extra fluid that you drink. This prevents dehydration and is an important part of the cleaning out process.

Additional Information

- Diabetic on Insulin** If you are diabetic and on insulin, please contact the GP who manages your diabetes. Your insulin dose may need modifying on the day prior to, and the day of your procedure
- Diabetic patients** Monitor blood sugar levels 4 to 6 hourly on the day prior to your procedure when drinking only. Please adjust your fluid selection (eg; apple juice) according to your readings.
- Skin Integrity** We recommend that you apply barrier cream, i.e. zinc cream or Vaseline to the skin around your bottom, using wet wipes instead of toilet paper. This will help prevent soreness from the frequent bowel motions.
- Preparation Response** You may experience mild side effects but these should go away rapidly, including bloating, nausea, and cramping. Should this occur, slow down drinking the prep, or try drinking it through a straw. Stay near a toilet after commencing the sachets, as diarrhoea will occur. Individual responses to laxatives may vary.
- Medication Interaction** Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.

The Digestive Health Centre accepts no responsibility for valuables