

POST 10am appointment COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS - PICOPREP



1. Be sure to read these instructions at least 4 days before your procedure to ensure you understand them.
2. The bowel needs to be flushed clean and free of faeces so that the doctor can see the inside of your colon clearly. Follow these instructions carefully.
3. Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.
4. Please remember to stay near a toilet after commencing the sachets, as diarrhoea will occur. Individual responses to laxatives may vary.
5. **A vital part of this preparation is the fluid that you drink. Not only does this prevent dehydration, it forms an important part of the cleaning process.**

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 <input type="checkbox"/> Stop iron tablets, calcium, fish oils, and Omega 3 and any other supplements <input type="checkbox"/> Stop taking fibre supplements ie: Metamucil, Normacol, Fybogel Movicol, bran, etc. <input type="checkbox"/> If you are a diabetic and take insulin, please contact the doctor who manages your diabetes. Your insulin dose may need modifying on the day prior to, and the day of your procedure <u>You must avoid consuming cereals, grains, nuts, seeds, and fibre</u> 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication <u>You must avoid consuming cereals, grains, nuts, seeds, and fibre</u> <input type="checkbox"/> Take 1 Dulcolax at bedtime, if instructed (attached below) 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication <input type="checkbox"/> Follow the list of 'foods and fluids allowed' (see back of sheet). This diet reduces the residue from food that enters the large intestine <u>You must avoid consuming cereals, grains, nuts, seeds, and fibre</u> <input type="checkbox"/> Take 1 Dulcolax at bedtime (attached below) 	<ul style="list-style-type: none"> <input type="checkbox"/> Take your regular medication <input type="checkbox"/> 2 slices white toast only for breakfast (honey or vegemite), tea/coffee, with low fat milk <input type="checkbox"/> Now drink at least 4 glasses of 'approved clear fluids' (see back of sheet) up till 12pm [][][][] <input type="checkbox"/> 12pm-1pm – Light lunch: 1-2 scrambled, boiled, or poached eggs, bread and margarine .Continue to drink 4 more glasses of 'approved clear fluids' (see back of sheet) until 5pm. [][][][] <input type="checkbox"/> 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. <input type="checkbox"/> 5pm – add one sachet of Picoprep to one glass (250ml) of warm water and still until dissolved. Chill if desired, and drink. Drink 2 glasses of 'approved clear fluids' (see back of sheet) [][] <input type="checkbox"/> 7pm – second dose of Picoprep as per instructed above. Drink 4 glasses of 'approved clear fluids' (see back of sheet) [][][][] <input type="checkbox"/> 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. 	<ul style="list-style-type: none"> <input type="checkbox"/> 6am – add one sachet of Picoprep to one glass (250ml) of warm water and still until dissolved. Chill if desired, and drink. Drink 4 glasses of water ONLY until 2 hours before the appointment time. [][][][] Stop drinking water: Appointment time: <input type="checkbox"/> Take regular medication with a small amount of water, especially medication for reflux, stomach, or blood pressure <input type="checkbox"/> Do not chew gum or suck lollies <input type="checkbox"/> Do not take diabetic medication or insulin <input type="checkbox"/> Do not bring any medications with you except Insulin <input type="checkbox"/> Please bring: <ul style="list-style-type: none"> <input type="checkbox"/> Dressing gown <input type="checkbox"/> Supportive footwear <input type="checkbox"/> Spare pair of underpants <input type="checkbox"/> A bag for your clothes <input type="checkbox"/> Leave dentures in <p style="text-align: center;">Digestive Health accepts no responsibility for valuables Discharge time is generally 2-3 hours from admission time YOU MUST HAVE a responsible adult to take you home and remain with you for the duration of the day</p>

Foods ALLOWED

BREADS:

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

CEREALS:

Rice Bubbles, Cornflakes, Weetbix, Nutrigrain

DESSERTS (Low Fat):

Plain cake, water ices, natural low fat yoghurt, jelly (not red or purple) low fat ice cream, frozen yoghurt without fruit

FRUIT:

Ripe banana, apple sauce, stewed peeled fruit

POTATO AND POTATO SUBSTITUTE:

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

VEGETABLES:

Cooked peeled carrot, pureed squash, pumpkin

FATS:

Minimal margarine, light salad dressing, light mayonnaise

MEAT & MEAT SUBSTITUTES:

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

Foods to AVOID

NO – wholegrain flour products, baked goods made of bran, nuts, seeds, coconut, dried fruit, corn bread

NO – oatmeal, whole grain cereal bran, porridge, nuts, coconut or dried fruit

NO – desserts made of whole grain bran seeds, coconut, dried fruits, yoghurts with fruit skins, seed or nuts, popcorn, chocolate

NO – raw fruit (except bananas) no dried fruit or berries

NO – whole wheat pastas/noodles, or sweet potato

NO – raw vegetables, broccoli, cauliflower, cabbage, spinach, peas, corn, lettuce, tomato.

NO – butter, seeds, bran, nuts, coconut, peanut butter

NO – red meat, pickled meat or salami

NO – Full cream milk, fruit or vegetable juices containing pulp

APPROVED CLEAR FLUIDS

Strained broth, strained chicken noodle soup, tea, coffee, low fat milk, strained fruit juices, apple juice, water, 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