

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation.

Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.

**Please follow the instructions below to ensure an effective bowel prep is achieved.**

### ***Prep Kit C – Preparation instructions***

(please read instructions thoroughly before commencing prep)

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ *Approx.* Procedure Time: \_\_\_\_\_

**5 DAYS PRIOR TO YOUR PROCEDURE** on ..... commence low fibre diet (see attached) and cease any medications mentioned on attached diet sheet.

**THE DAY BEFORE YOUR PROCEDURE** on .....

**Consume clear fluids only until after your procedure. (i.e. No solid foods to be consumed)** (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) *If your procedure is later in the day this may only be from Midday – see next page for more information.*

IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING.

YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.

IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.

**How to mix up and drink your prep kit:** (See next page for timings specific to your procedure time)

**Picoprep** Add the entire contents of one sachet of Picoprep into a glass of water (approx. 250mL), stir until the powder dissolves and then drink the mixture. Follow with a minimum 1 litre of water. Frequent bowel movements, often with some cramping will start. The time of this will vary for each person and may not occur until the second sachet is started.

*Tip: Mix the picoprep with hot/warm water and drink it slowly OR drink the mixture cold and through a straw*

**Continue drinking clear fluids. Try to drink at least 1 glass every half hour to remain hydrated. (In addition to water you are encouraged to also include other fluids from the list above)**

**Glycoprep-C** The Glycoprep-C solution can be made by adding one litre of water to the contents of the sachet and then refrigerated. (This solution can be prepared at any time during the day). Drink the ONE litre of the Glycoprep-C mixture. Drink one glass of the mixture every 5-10 minutes, over a 1 hour period. By drinking the fluid at this rate the preparation is more effective. If you need to take a bit longer (due to bloating/nausea/etc.) then please do so.

*Tip: Drink the mix through a straw. This will mean that the majority of the liquid will be bypassing the taste buds and will help for those who do not enjoy the taste. Also, make sure the mix is kept cold in the fridge.*

**Continue to drink clear fluids as explained above**

**Picoprep** Take the second sachet of Picoprep in the same way as the first. *Again use the tips from step 1.*  
**Continue to drink clear fluid until necessary to fast.**

**NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.**

N.B. If you feel **nauseated or bloated** stop taking the prep and wait for this to pass before recommencing.

If you vomit contact the hospital you are attending as soon as possible and you may be asked to come into hospital early.

