

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.

Picoprep – Preparation instructions

(please read instructions thoroughly before commencing prep)

Procedure Date: _____ Arrival Time: _____ Approx. Procedure Time: _____

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

THE DAY BEFORE YOUR PROCEDURE on.....

Consume clear fluids only - (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.) **until after your procedure. (i.e. No solid foods to be consumed)** (See next page for further instructions)

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)

Picoprep 1 Add the entire contents of one sachet of Picoprep into a 120 ml glass of water, stir until the powder dissolves and then drink the mixture. Follow with at least 1 litre of clear fluids, preferably 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 over 15 minutes.

Continue drinking clear fluids. Try to have a glass every half hour to ensure you remain well hydrated

Picoprep 2 Mix the second sachet in the same way as the first (i.e. in 120ml of water). Follow with plenty of clear fluids.

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 the mix in advance and keep it cold in the fridge.

Continue to drink clear fluids.

Picoprep 3 Take the third sachet of Picoprep in the same way. Again follow with clear fluids.

Again use the tips from either step 1 or 2.

Continue to drink clear fluids to maintain hydration, 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 distended stop taking the prep and wait an hour or so 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.

Your bowel motion should have the appearance of urine, and be free of any particles. If you think your motion is 'dirty', or if you are unsure, please telephone the hospital you are attending.

Once you know the time of your procedure – follow the appropriate instructions below.
Please note that it is not vital that you adhere strictly to these times. These are a guide only.

◇ **IF YOUR APPOINTMENT IS BETWEEN 7AM – 9AM**
THE DAY BEFORE YOU PROCEDURE:

Consume clear fluids only ALL DAY (see previous page)

5:00PM: Picoprep sachet 1 (follow instructions previous page)

7:00PM: Picoprep sachet 2

9:00PM: Picoprep sachet 3

◇ **IF YOUR APPOINTMENT TIME IS AFTER 9AM AND BEFORE 1PM**
THE DAY BEFORE YOUR PROCEDURE:

Consume clear fluid ONLY from MIDDAY (see previous page)

5:00PM: Picoprep sachet 1 (follow instructions previous page)

9:00PM: Picoprep sachet 2

ON THE MORNING OF YOUR PROCEDURE:

6:00AM*: picoprep sachet 3

You will then be nil by mouth from _____

***N.B** - This last sachet may need to be taken slightly earlier depending on what time your appointment is. You must be **NIL BY MOUTH FOR 4 HOURS** prior to your procedure. Please check with reception staff.

◇ **IF YOUR APPOINTMENT IS AFTER 1PM**
THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (see previous page)

THE MORNING OF YOUR PROCEDURE:

6:00AM: Picoprep sachet 1 (see previous page)

7:00AM: Picoprep sachet 2

9:00AM: Picoprep sachet 3

You will then be nil by mouth from _____