

## Colonoscopy Bowel Preparation Afternoon Procedure - Picoprep

### General Information:

The success of your examination depends on the large bowel/colon being as clean as possible. If the preparation is incomplete, the procedure may be postponed.

### Dietary Modification:

For 2-3 days prior to the procedure, you should **avoid foods with nuts, seeds and grains.**

### Medications:

Generally all medications can continue to be taken up to and on the day of the procedure.

- *Iron tablets* – please cease at least 1 week before the procedure
- *Diabetes medication or blood thinning medication* (eg. warfarin, clopidogrel)– please contact Victorian Gastroenterology rooms (8677 7446) at least 1 week before the procedure.

### Bowel Preparation Kit – Picoprep

This can be purchased from Victorian Gastroenterology rooms or from the local chemist.

This kit contains 2 x Picoprep sachets.

Make up the sachets as directed.

Both can be chilled and a small amount of juice or lemon/lime cordial may be added.

### Day Before the Procedure:

Have a light breakfast and lunch

After lunch, no solid food or milk products can be taken.

*Clear fluids* can be taken throughout the day – it is important to keep drinking constantly throughout the day

**7pm:** Add the entire contents of one of the PICOPREP sachets to 250ml of water. Follow with two glasses of clear fluids.

### Clear Fluids

Water  
Clear fruit juice  
Black tea/coffee  
Clear sports drinks (no blue/red)  
Clear soft drinks  
Cordials (no red/blue/purple)  
Plain jellies  
Clear soup/broth

### Day of the Procedure

Take regular medications with a sip of water (except those advised to cease).

**7am:** Add the entire contents of one of the PICOPREP sachets to 250ml of water. Follow with two glasses of clear fluids.

You may continue to drink clear fluids until 4 hours before your procedure.

*As the procedure is under sedation/anaesthesia, you will require a responsible adult to drive you home, and you should not stay alone that night.*

If you do not understand any of the above information or have further questions/concerns, please contact the rooms prior to the procedure