

Colonoscopy Bowel Preparation Morning 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 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

6pm: Add the entire contents of one of the PICOPREP sachets to 250ml of water.

Follow with two glasses of clear fluids.

8pm: 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).

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 must refrain from driving for the remainder of the day.

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

Moorabbin - Clayton - Hampton - Brighton

All referrals – Holmesglen Private Hospital; Tel: (03) 8677 7446, Fax: (03) 8779 8968
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