

## 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, 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..

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

**4pm:** Add the entire contents of one of the PICOPREP sachets to 250ml of water.

Follow with two glasses of clear fluids.

**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.

### 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 should not stay alone that night.*

### 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

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 - Sandringham - Cheltenham

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

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