

Colonoscopy Bowel Preparation Morning Procedure – PrepKit-C

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 – PrepKit-C

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

This kit contains 1 x GLYCOPREP sachet and 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.

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 the GLYCOPREP sachet to 1 litre of water. Try to drink a glass every 15 minutes. Aim to finish this step in 1 – 1.5 hours.

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 2 hours before your admission time.

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