

BOWEL PREPARATION INSTRUCTION SHEET (Bowel Preparation – PICOPREP x 3)

IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY. The success of the procedure depends on the bowel being as clean as possible, otherwise the procedure may need to be postponed.

.....**DAY OF COLONOSCOPY**

TWO DAYS BEFORE YOUR COLONOSCOPYday

You need to start a low fibre diet. **STOP** eating fruit, vegetables, wholegrain bread, high fibre cereal, red meat, anything with seeds or nuts. Avoid fibre supplements e.g. Metamucil, Normafibe or Normacol.

You may eat fish, chicken, eggs, cottage cheese, plain yoghurt, custard, white bread, muffins, crumpets, pasta, white rice, well-cooked pumpkin or peeled potato, wedges with sour cream, picklets and doughnuts
Drink a variety of fluids, approximately 3 litres throughout the day.

ONE DAY BEFORE YOUR COLONOSCOPYday CLEAR FLUIDS ALL DAY - NO SOLID FOOD

CLEAR FLUIDS: Water of any kind. **CLEAR** fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, chicken stock, clear soup(broth), cordial, lucozade, staminade, lemonade, Gatorade and gastrolyte.

AVOID red and purple jellies and drinks, cloudy fruit juices with pulp and milk/dairy products.

Drink at least 1-2 glasses of fluid every hour

<u>Colonoscopy - before 10.30 AM</u>	<u>Colonoscopy - after 10.30 AM</u>
.....DAY: The day before your COLONOSCOPY 1st dose 2pm Mix the contents of one sachet of PICOPREP(15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture followed by a glass of clear fluids. Drink clear fluids between each dose of picoprepDAY: The day before your COLONOSCOPY 1st dose 5pm Mix the contents of one sachet of PICOPREP(15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture followed by a glass of clear fluids.
2nd dose 5pm Mix the contents of the sachet PICOPREP (15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture, followed by a glass of clear fluids.	2nd dose 8pm Mix the contents of the sachet PICOPREP (15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture. Drink at least 3 glasses of clear fluid before going to bed. Drink clear fluids throughout the night
3rd dose 8pm Mix the contents of the last sachet of PICOPREP(15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture followed by a glass of clear fluids Drink at least 3 glasses of clear fluid before going to bed. Nil by mouth from midnight	DAY OF PROCEDURE..... Final dose 6am Mix the contents of the last sachet of PICOPREP (15.5g) in ½ glass of warm water, stir until dissolved. Drink mixture followed by one glass of water only. Then NIL BY MOUTH.

The preparation will cause multiple bowel movements and sometimes stomach cramping. You will need to be close to a toilet once you start the preparation.

Take your usual medication (heart, blood pressure) with a sip of water on the day of your procedure.

Diabetic medication- consult your Doctor/nurse.

STOP- blood thinning medication eg. Aspirin, Warfarin, Cartia, any codeine based medication and fish oil one week before your procedure or as advised by your Doctor.

You must have a responsible adult to collect you after your procedure.

**FOR ANY QUERIES CONTACT PRACTICE NURSE: Andrea – 9821 1661 or
Email: nursing@swcrs.com.au**