



## BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY THURSDAY MORNING

Prior to your colonoscopy it will be necessary for you to undergo a bowel preparation. This involves taking a laxative preparation, and consuming clear liquids only the day prior to your procedure .

### **Instructions :**

A prescription for PicoPrep is enclosed with this information pack. Please do not exceed the recommended dosage. The preparation will cause multiple bowel movements. Individual responses to laxatives will vary; it may take effect within 30 minutes, but could take up to several hours. Please remain within easy reach of toilet facilities.

**If you are taking anticoagulation therapy (Warfarin, Aspirin etc)  
please contact us for additional instructions.**

### **The day before your procedure : Wednesday**

1. Avoid eating any type of solid food as well as milk, or milk products - these are not permitted.
2. Drink clear fluids only for breakfast, lunch and dinner, **but avoid any product coloured red or purple**. Clear fluids include :
  - Strained fruit juices (avoid any pulp, or thoroughly strain the pulp out)
  - Water
  - Clear broths (eg., Bovril, clear strained packet noodle soups)
  - Tea/Coffee (no added milk)
  - Cordials, carbonated soft drinks and isotonic drinks Powerade, Mizone-LEMON FLAVOR
  - Jellies (avoid any added fruit or toppings)
  - Clear ice blocks
3. **At 10.00am Wednesday** : Dissolve one 15.5g sachet of PicoPrep in a glass of warm water, and drink. Follow with one full glass of approved clear liquid.
4. **At 5.00pm Wednesday**. Dissolve one 15.5g sachet of PicoPrep in a glass of warm water, and drink. Follow with one full glass of approved clear liquid.
5. Drink at least two more 250ml glasses of clear liquid before retiring, more if possible.

### **On the day of your examination :**

1. Stop all fluids two hours prior to your admission time.
2. As the procedure is carried out under anaesthesia, you will require a support person to drive you home.

**PLEASE DO NOT HESITATE TO CONTACT OUR CLINIC IF YOU HAVE ANY QUESTIONS**