

Colonoscopy Bowel Preparation

Picoprep Orange – Morning (AM) and Afternoon (PM)
procedure instructions



Please follow these instructions carefully

WHAT YOU NEED TO KNOW

Completing your bowel preparation is VERY important as your bowel needs to be completely clean for a successful colonoscopy

WHAT YOU NEED TO DO

You will need to purchase 2 sachets of Picoprep Orange (20g each) or Picosalax (16.1g each) **AND** 1 sachet of Colonlytely (70g). These are available from most pharmacies.

SEVEN (7) DAYS BEFORE

Stop any iron supplements / tablets

TWO (2) DAYS BEFORE THE PROCEDURE

Consume a low fibre diet (see list below)

ONE (1) DAY BEFORE THE PROCEDURE

Follow instructions on the next page if your procedure is occurring in the morning (AM) or afternoon (PM)

DAY OF COLONOSCOPY

Follow instructions on the next page

LOW FIBRE DIET

- White bread, white pasta, white rice
- Eggs, cottage cheese, low fat plain yoghurt, skim milk
- Poached chicken, steamed white fish
- Well cooked and peeled pumpkin and potato
- Jelly (lemon, lime or orange)

APPROVED CLEAR FLUIDS

- Water, black tea and black coffee (without milk)
- Strained fruit juices (apple or pear) without the pulp
- Clear soups or broth
- Jelly (lemon, lime or orange)
- Cordial (lemon, lime or orange)
- Carbonated soft drinks (lemonade, lemon squash, ginger ale, mineral water)
- Clear ice blocks
- You **MUST** avoid red and purple food colouring.

STOP EATING

- Brown bread, cereals
- Raw fruits, vegetables and anything containing seeds.
- We also recommend that you avoid yellow cheese.

PREPARATION STARTS BEFORE YOUR COLONOSCOPY

- A Nurse from Day Surgery will call you to tell you your admission date and fasting time 1-2 business days prior to your colonoscopy.
- The timing of your bowel preparation depends on whether your colonoscopy is booked for the morning (AM) or the afternoon (PM).
- Follow the correct instructions on the back of this page based on the time you have been given.
- Allow 3 to 6 hours from the time of your admission until you will be ready to be picked up.

AFTER THE COLONOSCOPY

Due to the sedation you will receive prior to the procedure, you **MUST** have a responsible adult to take you home and stay with you overnight after the procedure. Your procedure may be cancelled if this has not been arranged. Please contact the Elective Surgery Access Team on 03 5671 3215, if you have any issues arranging this.

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MORNING (AM) COLONOSCOPY – Before 12pm	
ONE (1) DAY BEFORE PROCEDURE	
Before 9am	Have a light breakfast (for example, stewed fruit and poached egg – no cereal or bread). Then stop eating any solid foods.
After 9am	After breakfast you may have approved clear fluids only . Make up Colonlytely in 1L of water and place in the fridge.
5 pm	The first dose – Add 1 sachet of PicoPrep Orange to 250ml of water and drink. Continue to drink clear fluids (from the approved clear liquids list), at least 1 glass per hour to avoid dehydration.
7 pm	The second dose - Drink 1L Colonlytely as per instructions on the packet. Continue to drink clear fluids.
DAY OF THE PROCEDURE	
5am	The third dose - Add 1 sachet of PicoPrep Orange to 250ml of water and drink (this is early but very important!).
6am	You are now fasting (you may have your morning medications with a sip of water; no diabetic tablets). No food, chewing gum, lollies or drinks. ONLY WATER up until two (2) hours before your procedure.
AFTERNOON (PM) COLONOSCOPY – After 12pm	
ONE (1) DAY BEFORE PROCEDURE	
Before 9am	Have a light breakfast (for example, stewed fruit and poached egg – no cereal or bread).
Before 1pm	Have a light lunch (for example, stewed fruit and poached egg – no cereal or bread). Make up Colonlytely in 1L of water and place in the fridge.
After 1pm	Have approved clear fluids only .
5 pm	The first dose - Add 1 sachet of PicoPrep Orange to 250ml of water and drink. Continue to drink clear fluids (from the approved clear liquids list) at least 1 glass per hour to avoid dehydration.
7 pm	The second dose - Drink 1L Colonlytely as per instructions on the packet. Continue to drink clear fluids.
DAY OF THE PROCEDURE	
8am	The third dose - Add 1 sachet of PicoPrep Orange to 250ml of water and drink.
9am	You are now fasting (you may have your morning medications with a sip of water; no diabetic tablets). No food, chewing gum, lollies or drinks. ONLY WATER up until two (2) hours before your procedure.

FURTHER INSTRUCTIONS

- Fast from the time advised by the Nurse.
- The Anaesthetist will instruct you about taking or withholding your regular medications. If instructed by the Anaesthetist, any tablets should be taken with a sip of water.
- If you take insulin follow the instructions you have been given by the Anaesthetist.
- If you take blood thinning tablets/injections follow the instructions you have been given by the Anaesthetist and Surgeon.

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.



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