

THE BOWEL PREP REQUIRED FOR YOUR COLONOSCOPY IS PICOPREP 3

WHICH YOU CAN PURCHASE FROM YOUR CHEMIST

TWO DAYS PRIOR TO PROCEDURE

Start a Low Residue diet;

Avoid foods that contain nuts, skins, whole grains, seeds and fibre.

You may eat egg, steamed white fish, poached chicken, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice, yellow coloured jelly, skim milk, well cooked pumpkin and peeled potato.

Honey, vegemite and thin scraping of butter or margarine are allowed. (Also drink at least 3 litres of **approved clear fluids**)

Approved clear fluids include : Water, clear salty fluids (strained chicken noodle soup), clear broth/bouillon, clear fruit juices such as apple juice (not the cloudy apple juice) plain jelly, black tea or coffee (no milk), sports drinks, **Gastrolyte/Hydrolyte**, clear fruit cordials (clear lemon/lime) . Have a good combination of these clear fluids as you are more likely to drink more. It is important for you to keep up your fluid intake. (Yellow, clear or pale orange colours only. No red, green, purple or blue colourings)

Barley Sugar allowed.

ON THE DAY BEFORE THE EXAMINATION

You can have breakfast (From above approved foods)

No solid foods or milk products are allowed after 8.00am.

Drink only **approved clear fluids** for lunch and dinner.

1. **8am** have breakfast from approved food list above. **Drink approved clear fluids only after this.**
2. **3pm** dissolve the entire contents of one sachet of Pico Prep in a glass (250ml) of warm water. If preferred chill in the refrigerator before drinking. Drink the contents of the glass followed by a glass of water. Continue drinking approved clear fluids, at least a glass per hour (the more the better to ensure adequate body hydration).
3. **5pm** follow above instructions in Step 2
4. **7pm** follow above instructions in Step 2

CONTINUE DRINKING APPROVED CLEAR FLUIDS UNTIL TWO HOURS PRIOR TO YOUR ADMISSION TIME TO ENSURE ADEQUATE HYDRATION.

YOU MAY EXPERIENCE PAIN/IRRITATION AROUND THE ANAL REGION AND A BARRIER CREAM SUCH AS ZINC CREAM CAN BE HELPFUL. ALSO USING WET WIPES CAN HELP.

IF YOU ARE ON A BLOOD THINNER SUCH AS WARFARIN, PLAVIX OR ISCOVER (CLOPIDOGREL) YOU MUST SPEAK TO YOUR PROCEDURALIST PRIOR TO YOUR PROCEDURE AS HE MAY WISH YOU TO CEASE THIS MEDICATION.

