

# PicoPrep

## Colonoscopy - morning procedure



### Important note

Please read all instructions at least 2 days before your colonoscopy procedure.

### Preparation for your colonoscopy

A colonoscopy is an examination of the bowel using a narrow flexible telescope. It is an important examination used for the diagnosis and treatment of bowel conditions. To get good views of the bowel lining, the bowel must be completely empty. So you need to take a strong laxative called PicoPrep. You will need 2 sachets.

### Medications

Medication	What to do
Iron tablets (e.g. ferrous sulphate, Ferrogradumet)	Stop them one (1) week before your procedure
Aspirin, Cartia, clopidogrel (Plavix), warfarin or any other anti-coagulant tablets	Please tell nurse or doctor beforehand
If you are diabetic	Please tell nurse or doctor beforehand as there are special instructions for diabetics
All other usual medicines	You can take all other usual medications 4 hours prior to beginning or 4 hours after completing PicoPrep to allow for absorption

### Things to do prior to your appointment

**Because a sedative is used it is very important you DO NOT drive or operate machinery or dangerous appliances, on the day of the procedure**

Organise a family member or friend to drop you at the hospital and collect you afterwards. A responsible adult will need to stay with you overnight after your procedure. Please inform the Day Surgery Unit at the hospital (on 878 8109, ext 6570 or 6572, weekdays) as soon as possible if you cannot do this, as we may have to arrange a new date for your procedure.

## Two days before your procedure

Begin a low fibre diet.

### You must stop eating

- All fruit and food containing fruit
- Yogurt, yellow cheese, nuts or seeds
- Meat, brown bread, cereals and vegetables

### You may eat

- Boiled or poached eggs, cottage cheese and white bread
- Steamed fish, boiled chicken, well-cooked and peeled potato and pumpkin
- Clear jelly and skim milk

Drink clear fluids only. Approved clear fluids include

- water
- clear (strained) fruit juice without the pulp (like apple, white grape, orange)
- black tea or coffee (no milk)
- carbonated and non-carbonated soft drinks e.g. Lucozade, Powerade, ginger ale, lemonade
- plain jelly (no added fruits or toppings – **not** red or purple colours)
- clear fruit cordials (clear lemon, clear lime – **not** red or purple colours)
- clear soup or broth
- clear bouillon
- clear ice blocks (no added fruit or solid bits – **not** red or purple colours)

It is important not to drink red or purple coloured fluids

## The day before your procedure

1. Drink only clear fluids for breakfast, lunch and dinner.

Note These times are a guide. You may change them, but there should be at least 6 hours between sachets of PicoPrep.

### 2. 3.00pm (afternoon)

- Add 1 sachet of PicoPrep to a glass (approximately 250mL) of warm water. Stir until the solution clears. You may prefer to prepare in advance and chill before drinking.
- Drink the mixture gradually but completely.
- Follow immediately with one full glass (250mL) of approved clear fluid.

### 3. During the afternoon and evening

- Continue drinking approved clear fluids – at least 1 glass (250mL) every hour. More if you want.

### 4. 9.00pm (evening)

- Add 1 sachet of PicoPrep to a glass (approximately 250mL) of warm water. Stir until the solution clears. You may prefer to prepare in advance and chill before drinking.
- Drink the mixture gradually but completely.
- Follow immediately with one full glass (250mL) of approved clear fluid.

- You may have as many glasses of clear fluid as you want to satisfy your thirst, but take at least 4 glasses of clear fluids before going to bed.

Clear fluids are encouraged. During your preparation it is important to drink plenty of clear fluids. **You must drink at least six (6) litres of clear fluids to make sure your bowel is clean, or your procedure may have to be abandoned.** If you have a dry mouth, headache or feel dehydrated, drink more clear fluids or water.

People respond to laxatives in different ways. PicoPrep may cause many bowel movements. It may work as quickly as 30 minutes, or it may take as long as 5 hours. Please keep within easy reach of a toilet.

If you are diabetic chose appropriate clear fluids from the list above and monitor your blood sugar levels regularly.

### **On the day of your procedure**

- Clear fluids only. Do not eat anything until after your procedure.
- Stop all fluids at least 1 hour before your appointment.
- Arrive for your colonoscopy at the scheduled time (as advised when you phone in).

**Read this leaflet and discuss any questions you have about your medicines with your doctor, or phone the Day Surgery Unit at the hospital on 878 8109 ext 6570 or 6572, weekdays**