

**INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP**  
**MORNING Procedure (Colonoscopy Code : 1653)**

Please follow instructions carefully. The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

- Bowel movements will start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
- PicoPrep produces watery stools which will become clear with no solid matter.
- It is advisable to remain near a toilet and **apply Vaseline to the anus before & after each loose stool.**

**TWO days before the procedure (Date: \_\_\_\_\_):**

Follow a soft, Fibre-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, soup, jelly. Avoid fibrous vegetables and fruit with seeds or pips.

**ONE day BEFORE the procedure (Date: \_\_\_\_\_):**

**BREAKFAST 08H00**

A light breakfast of boiled or poached egg, white or brown bread/toast (not whole wheat), no butter or margarine, and a cup of black tea or coffee with sugar, if desired.

Thereafter drink only approved clear liquids.

**Approved clear fluids:** Water, black tea/coffee- may be sweetened, Clear fruit juice ie. apple, grape, litchie juice, Bovril drinks, clear chicken broth, Energy drinks (Energade, Game) Rehydrate(yellow), Lucozade, green/yellow Jelly without topping. No red wine, orange, red or purple cool drinks allowed.

- **No solid foods or dairy products** (yogurt, custard, ice cream) allowed.
- Drink only approved clear liquids for lunch and dinner.

**PREPARATION - 3 SACHETS PICOPREP**

**At 11h00:** Drink a glass of water or clear fluids

**At 12h00:** Drink a glass of water or clear fluids

**At 13h00:** Drink a glass of water or clear fluids

**At 14h00:** Dissolve one sachet Picoprep in 250ml warm water to form a clear solution. Cool with ice cubes and drink, followed by a glass of water

**At 15h00:** Drink a glass of water or clear fluids

**At 16h00:** Drink a glass of water or clear fluids

**At 17h00:** Dissolve 2nd sachet Picoprep as before and drink followed by a glass of water

**At 18h00:** Drink a glass of water or clear fluids

**At 19h00:** Drink a glass of water or clear fluids

**At 20h00:** Dissolve 3rd sachet Picoprep as before and drink followed by a glass of water

Keep drinking approved clear fluids until bedtime. Stop intake of fluids 6 hours before the procedure. Small sips of water may be taken until 4 hours before the procedure.

**SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY AND DRIVE YOU HOME.**

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