

INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP

(AFTERNOON 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 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 up to the point where it will become colorless with no solid matter.
- It is advisable to remain near a toilet and apply Vaseline to the anus 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, clear soup, clear jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day BEFORE the procedure (Date: _____):

Have a normal breakfast and at 13h00 a light lunch 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, clear fruit juice ie. Apple, litchi, white grape juice, Bovril drinks, clear chicken broth, Energy drinks (Energade, Powerade, Game) Rehydrate(yellow) Green/yellow jelly. No red wine, orange, red or purple cool drinks allowed.

- No solid foods or milk products allowed. Drink only approved clear liquids for dinner.

PREPARATION - 3 SACHETS PICOPREP

At 14h00 Drink a glass of water or clear fluids

At 15h00 Drink a glass of water or clear fluids

At 16h00 Drink a glass of water or clear fluids

At 17h00 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 18h00 Drink a glass of water or clear fluids

At 19h00 Drink a glass of water or clear fluids

At 20h00 Dissolve 2nd sachet Picoprep as before and drink followed by a glass of water

At 21h00 Drink a glass of water or clear fluids

At 22h00 Drink a glass of water or clear fluids

MORNING of Procedure:

At 07h00: Dissolve 3rd sachet Picoprep as before and drink followed by a glass of water

At 08h00: Drink a glass of water or clear fluids

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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