

BOWEL PREPARATION FOR COLONOSCOPY – PICOPREP ORANGE**PREPARATION**

Please purchase **PICOPREP ORANGE** from your local pharmacy several days before your procedure.

YOUR APPOINTMENT IS ON: _____

TIMELINE

| DAYS 3 & 2 BEFORE COLONOSCOPY | DAY BEFORE | DAY OF PROCEDURE |
|--|---|---|
| White food diet (see pre-colonoscopy diet) Do not eat any foods with skin, seeds, nuts, grains or high fibre | Hospital will ring with admission time. Follow bowel prep instructions including increased clear fluids | Clear fluids only till 2 hrs prior to admission. You will be unable to drive home. Please organise transport. |

IMPORTANT:**Anticoagulation medication**

Including Warfarin, Iscover, Plavix, Xarelto, Pradaxa and Eliquis should be withheld as instructed at the time of consultation.

Other medications (including Aspirin) should be taken as usual.

Diabetic Medications

Tablets stop 2 days prior

Insulin Halve dose day before
 Do not take on day of procedure
 bring with you to the hospital

PRE-COLONOSCOPY DIET

| YOU CAN EAT – WHITE FOODS | DO NOT EAT -FIBRE/GRAINS | CLEAR FLUIDS |
|--|---|---|
| White bread (no whole seeds) English Muffins Cornflakes, Rice Bubbles Pork, Chicken, Fish Peeled Fruit Peeled Vegetables (no beetroot) Potato, Mash Potato Hot Chips Crackers (Saos or Jatz) Eggs Butter/Margarine Cheese Custard Ice Cream White Noodles White Rice | Corn, peas, strawberries Skin on apple, pear, peach, nectarines (peeled fruit ok) Muesli, cereal, muesli bars Nuts or foods containing nuts Jams/marmalades Citrus fruit, grapes, tomatoes Sundried tomatoes Skin on vegetables (peeled vegetables are ok) Legumes e.g baked beans, kidney beans, mustard Sultanas, raisins Brown rice Coconut Sesame, sunflower, poppy seeds Casseroles containing lentils, Barley, split peas Fruit yoghurt Fibre supplements | Water Black tea or coffee (NO milk or non dairy creamer) Soft drinks Sports drinks (Gatorade, Powerade) Cordial Strained fruit juice without pulp, clear apple juice Yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly) Clear ice |

SAMPLE DIET MENU

BREAKFAST

Cornflakes with milk

OR

White toast and eggs

LUNCH

Chicken sandwich
(white bread)

EARLY DINNER

White fish, mashed potato
or rice

Vanilla ice cream

INSTRUCTIONS FOR PICOPREP ORANGE

The day before your procedure

- **LIGHT BREAKFAST ONLY COMPLETED BY 9AM**
(NO SKINS, SEEDS, NUTS OR GRAINS OR HIGH IN FIBRE)
- **Then start clear fluids only**

DOSE 1: 2.00 PM (day BEFORE procedure)

Prepare Dose 1 (1 sachet) according to the leaflet in the PICOPREP ORANGE box. Chill if desired. Drink your first dose of PICOPREP ORANGE **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500ml of clear fluids. Continue to drink clear fluids only.

DOSE 2: 8.00PM (day BEFORE procedure)

Prepare Dose 2 (1 sachet) according to the leaflet in the PICOPREP ORANGE box. Drink your second dose of PICOPREP ORANGE* **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500 mL of clear fluids. Continue to drink clear fluids only.

DOSE 3: 5 hours BEFORE admission time

Prepare Dose 3 (1 sachet) according to the leaflet in the PICOPREP ORANGE box.

Drink your second dose of PICOPREP ORANGE **SLOWLY** over 60 minutes (you may alternate with clear fluids). Follow with 500 mL of clear fluids.

You should continue drinking a lot of varied clear fluids up until your **NIL BY MOUTH** time of **2 hrs before admission**.

RECOMMENDED CLEAR FLUIDS

- Water, black tea or coffee (NO milk or non-dairy creamer), soft drinks, sports drinks e.g. Gatorade, Powerade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly), clear ice.

This product is designed to give you watery diarrhoea so stay close to a toilet. A protective cream or ointment (Lanolin, Vaseline) may be applied to your anal area before diarrhoea begins.

If you are unsure of any aspect of the preparation or are experiencing side effects please contact your Physician.

An Excellent
Preparation



A Bad
Preparation

