

COLONOSCOPY – AFTERNOON BOWEL PREP INSTRUCTIONS

Please obtain the following bowel preparation kit from your local pharmacy (No script required) - 1x Picoprep Orange – box should contain 3 x 20 g sachets

3 Days prior to examination stop medications including Brilanta, Xarelto, Effient, Eliquis.

(If you are uncertain or not allowed to stop medication please discuss with GP/Specialist or MDC doctors)

You may continue to take Aspirin, Cartia and Cardiprin

4 DAYS BEFORE COLONOSCOPY	STOP taking any Iron and/or fibre medications and supplements
2 DAYS BEFORE COLONOSCOPY	STOP eating Fibrous and Fatty foods Start a Low Fibre diet by eating only: Corn flakes, white bread (no added fibre), lean meat, poultry, eggs, fish, fleshy fruits (no seeds, husk or skin), mashed vegetables, low fat milk, tea/coffee, fruit juices and soft drink
1 DAY BEFORE COLONOSCOPY	Have a LIGHT BREAKFAST of white bread/toast, a little butter/margarine and tea/coffee (no milk). Have a LIGHT LUNCH of white bread or clear soup/broth. After 1.00 pm, <u>ONLY CLEAR FLUIDS.</u> DO NOT HAVE DINNER Do have plenty of <u>clear fluids</u> such as: <ul style="list-style-type: none">• Water or clear broth• Clear fruit juice (e.g. apple juice) or lemon/orange cordials• Coffee or tea without milk• Plain jelly without fruits or toppings (avoid red/purple/green jelly)• Lemonade• Bonox <p><i>Please ensure you are maintaining an adequate fluid intake in between each dose of Picoprep</i></p> <u>AT 8.00 PM:</u> Take first does of Picoprep – mix 1 sachet in a glass of water (250mls) and drink.
DAY OF COLONOSCOPY	<u>AT 7.30 AM:</u> Take second dose of Picoprep - mix 1 sachet in a glass of water (250mls) and drink. <u>AT 9.30 AM:</u> Take third dose of Picoprep - mix 1 sachet in a glass of water (250mls) and drink. FAST FROM 11.00 AM – NO FOOD OR FLUIDS UNTIL AFTER PROCEDURE