

COLONOSCOPY – MORNING 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	<p>Have a LIGHT BREAKFAST of white bread/toast, a little butter/margarine and tea/coffee (no milk).</p> <p>After breakfast, ONLY CLEAR FLUIDS. DO NOT HAVE LUNCH OR DINNER</p> <p>Do have plenty of clear fluids such as:</p> <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> <p>AT 6.00 PM: Take first does of Picoprep – mix 1 sachet in a glass of water (250mls) and drink.</p> <p>AT 8.00 PM: Take second dose of Picoprep - mix 1 sachet in a glass of water (250mls) and drink.</p>
DAY OF COLONOSCOPY	<p>AT 4.30 AM: Take third dose of Picoprep - mix 1 sachet in a glass of water (250mls) and drink.</p> <p>FAST FROM 5.00 AM – NO FOOD OR FLUIDS UNTIL AFTER PROCEDURE</p>