

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation.

Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.

Please follow the instructions below to ensure an effective bowel prep is achieved.

Prep Kit C – Preparation instructions

(please read instructions thoroughly before commencing prep)

Procedure Date: _____ Arrival Time: _____ *Approx.* Procedure Time: _____
(Please note: occasionally we do need to change this arrival time)

5 DAYS PRIOR TO YOUR PROCEDURE on commence low fibre diet (see attached) and cease any medications *mentioned on the attached diet sheet.*

THE DAY BEFORE YOUR PROCEDURE on

Consume clear fluids only until after your procedure. (i.e. No solid foods to be consumed) (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) *If your procedure is later in the day this may only be from Midday – see next page for more information.*

IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING. YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.

IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.

How to mix up and drink your prep kit: (See next page for timings specific to your procedure time)

Picoprep Add the entire contents of one sachet of Picoprep into a glass of water (approx. 250mL), stir until the powder dissolves and then drink the mixture. Follow with a minimum 1 litre of water. Frequent bowel movements, often with some cramping will start. The time of this will vary for each person and may not occur until the second sachet is started.
Tip: Mix the picoprep with hot/warm water and drink it slowly OR drink the mixture cold and through a straw
Continue drinking clear fluids. (In addition to water you are encouraged to also include other fluids from the list above)

Glycoprep-C The Glycoprep-C solution can be made by adding one litre of water to the contents of the sachet and then refrigerated. (This solution can be prepared at any time during the day). Drink one glass of the mixture every 5-10 minutes, over a 1 hour period. By drinking the fluid at this rate the preparation is more effective. If you need to take a bit longer (due to bloating/nausea/etc.) then please do so.
Tip: Drink the mix through a straw. Also, make sure the mix is kept cold in the fridge.
Continue to drink clear fluids as explained above

Picoprep Take the second sachet of Picoprep in the same way as the first.
Continue to drink clear fluid until necessary to fast.

NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.

Tip: If you feel **nauseated or bloated**, stop taking the prep for approx. 15-30 minutes and try walking around (try having a hot drink). If you vomit please see contact list over the page for who to contact.

Your bowel motion should have the **appearance of urine, and be free of any particles.** If you think your motion is 'dirty', or if you are unsure, please see contact list over page for who to contact.

Once you know the time of your procedure – follow the appropriate instructions below.
Please note that it is not vital that you adhere strictly to these times. These are a guide only.

◇ **IF YOUR APPOINTMENT IS BEFORE 9AM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY all day (see previous page)

5:00PM: Picoprep sachet 1 (see previous page)

7:00PM: Glycoprep-C

9:00PM: Picoprep sachet 2 You will then be nil by mouth from _____

◇ **IF YOUR APPOINTMENT IS AFTER 9AM AND BEFORE 1 PM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (see previous page)

5:00PM: Picoprep sachet 1 (see previous page)

7:00PM: Glycoprep-C

THE MORNING OF YOUR PROCEDURE:

6:00AM: Picoprep sachet 2 You will then be nil by mouth from _____

N.B. – this last sachet may need to be taken slightly earlier depending on what time your appointment is as you must be nil by mouth for 4 hours prior to your procedure. DDQ staff will give further instructions on this.

◇ **IF YOUR APPOINTMENT IS AFTER 1 PM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (see previous page)

THE MORNING OF YOUR PROCEDURE:

6:00AM: Picoprep sachet 1 (see previous page)

7:00AM: Glycoprep-C

9:00AM: Picoprep sachet 2 You will then be nil by mouth from _____

Contact numbers if you have any issues whilst doing the prep:

- During office hours (9am-4pm Mon-Thurs, 9am-2pm Fri) please call our rooms: 07 3256 5800
- Between 7am-9am the morning of your procedure, you can call the hospital you are attending (see below)
- All other times, please call our after-hours number: 07 3261 9570