

## **PICOPREP3 BOWEL PREPARATION INSTRUCTIONS**

- Please read these instructions carefully today and again at least 2 days prior to your colonoscopy. Please ensure you follow all the steps in these instructions prior to your procedure.
- Bowel preparation is used to ensure your bowel is “clean” before your procedure. If your bowel is not adequately clean your colonoscopy may be cancelled by the surgeon on the day of the procedure and will need to be rebooked.
- You will need to purchase **Picoprep3 (this contains 3 sachets)** from your local pharmacy at least 3 days prior to your procedure. The Picoprep3 will have instructions on the packet, please ignore those instructions and follow this information sheet. If you are unable to purchase Picoprep3 please purchase 2 x boxes of Picoprep2 but only use 3 sachets and not the total 4.
- On the day **before your procedure** you will need to have a **low residue breakfast**. You may only have white bread, refined cereal (Cornflakes, Rice Bubbles), eggs, milk and butter. You CANNOT eat wholemeal or multigrain bread, nuts, skins, seeds, muesli, oats, porridge, All Bran or yoghurt.
- After your low residue breakfast the **day before your procedure** you will need to have only **clear fluids** until after your procedure. You CANNOT have any solid food or milk products after breakfast.

Below is a list of approved clear fluids:

- Strained fruit juice without pulp (apple, orange)
- Clear broth i.e. Bonox or strained chicken noodle soup (do not eat the noodles)
- Black tea and coffee (do not have any milk)
- Cordial and soft drink (not red or purple)
- Plain jelly (not red or purple)
- Sports drinks i.e. Gatorade, Powerade (not red or purple)
- Clear ice blocks i.e. lemonade icy poles
- Water
- Barley sugar

**A good combination of these clear fluids, including 2-3 cups of strained chicken noodle soup, will give a variation in fluid intake. It is important for you to keep up your fluid intake.**

- You will need to ensure you stay within easy reach of toilet facilities after you take the Picoprep3.
- On the back of this page are step by step instructions. Please tick off each task as you have completed it.
- Please note that if you are advised by the hospital that your procedure will be late in the afternoon ie 5pm see **BOLD SECTION IN BOX** in step by step instructions.

## Please tick off each task after you have completed the step

- Purchase Picoprep3 from your local pharmacy at least 3 days prior to your procedure. If you cannot purchase Picoprep3 purchase 2 x boxes of Picoprep2 but only use 3 sachets.
- Ensure you have approved food for your low residue breakfast.
- Ensure you have an adequate supply of approved clear fluids.

### 8am on the day before your colonoscopy

- Have a low residue breakfast (approved foods listed on the front of these instructions).

### 8.30am on the day before your colonoscopy

- Do not have any further solid food or milk products. Drink only approved clear fluids from now until after your colonoscopy.

### 3pm on the day before your colonoscopy

- Have the first sachet of Picoprep. Dissolve the entire contents of one sachet in a glass (250ml) of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids.
  
- Continue drinking approved clear fluids (at least one glass per hour)

### 5pm on the day before your colonoscopy

- Have the second sachet of Picoprep. Dissolve the entire contents of one sachet in a glass (250ml) of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids.
  
- Continue drinking approved clear fluids (at least one glass per hour)

### 7pm on the day before your colonoscopy

- Have the third sachet of Picoprep. Dissolve the entire contents of one sachet in a glass of warm water, chill in the fridge if desired and drink. Follow with two full glasses of approval clear fluids.

***If the hospital has advised that the time of your procedure will be late in the afternoon, for example, 500pm please skip the 7pm dose of Picoprep and instead have it at 8am the day of your procedure***

### 9pm – 6am overnight before your colonoscopy

- Continue to drink water. No chewing gum.

### 6am on the day of your procedure

- Have your usual morning medications (unless otherwise advised)

- If you are on **Warfarin, Plavix, Iscover (Clopidogrel)** you must stop these at least 5 days before your procedure.
- If you are taking any iron medication please stop this five (5) days before your procedure.
- If you have diabetes **do not** take your diabetic medication on the morning of the procedure. Take it with you to the hospital so you can take it immediately afterwards.
- You may continue to take **all your other normal medications** (with the exception of those outlined above) **unless previously advised to cease them by your surgeon**.
- You are to be nil by mouth four (4) hours prior to your arrival at the hospital although you are allowed to drink water only up until two hours prior to the procedure.
- Whilst taking the bowel preparation you may experience pain/irritation around the anal region and a barrier cream such as zinc may be helpful.

**Following your colonoscopy some common symptoms are:**

- Wind pain – this pain is a generalised abdominal pain and should improve within 24 hours. Please notify your GP or contact us on 4956 3244 if the pain persists longer than 24 hours.
- If you have had banding of haemorrhoids you may notice some bleeding, this should settle within 3-4 days. If not, contact us on 4956 3244.
- If you had biopsies taken or polyps removed your surgeon will write to you with the results, when the pathology is sent to us, which is usually within 14 days of your procedure. **Please note:** you will also receive an account from pathology for any biopsies or polyps removed. Consent for this is obtained on the day of admission from the hospital.
- **If you experience any of the following symptoms after your colonoscopy, please contact us on 4956 3244 or if out of business hours please present to the emergency department at your nearest hospital:**
  - abdominal pain not resolving after 24 hours
  - sudden onset of bleeding
  - vomiting
  - temperature
  - shoulder pain