

INSTRUCTIONS FOR COLON PREPARATION with PICOPREP - Morning Procedure -

- A clean bowel is extremely important for your planned procedure.
- Please follow instructions carefully. The procedure cannot be done if your bowel is not clean.
- Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
- PicoPrep produces watery stools which will become clear with no solid matter.
- It is advisable to remain near a toilet and apply **Vaseline around anus before & after each stool**

MEDICATION:

- **DIABETICS** if possible, PLEASE check your sugar levels the evening and morning; omit medication the morning of the procedure.
- **WARFARIN** – stop 4 days prior to procedure. If unsure whether you are allowed to stop medication, please check with your physician or cardiologist and have an INR check the morning of your procedure.
- **IRON TABLETS** must be stopped **one week** prior to the procedure.

TWO days before the procedure:

Follow a soft, Fiber-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, soup, jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day before the procedure : Date _____

Before 10am: Have a breakfast of boiled/poached egg, white bread and tea, coffee or clear fruit juice. Thereafter only clear liquids. Please drink a glass of clear liquids per hour from 12h00 until bedtime.

Approved clear liquids :Clear soups and Bovril drinks, yellow or green jelly, black tea or coffee, clear fruit juices eg apple ,litchi grape juice, energy drinks and water.

No milk or dairy products allowed. No red wine, orange, red or purple cool drinks allowed.

Preparation - 4 sachets

At **14h00** : Dissolve the 1st sachet PicoPrep in 250ml hot water, stir until clear, chill with ice and drink followed by a glass of water.

At **17H00** : Mix the 2nd sachet PicoPrep as before and drink followed by a glass of water.

At **20H00** : Mix the 3rd sachet PicoPrep as directed and drink followed by a glass of water


Drink clear liquids until bedtime – one glass per hour


Day of Procedure:

At 4am : Mix the last sachet PicoPrep as directed and drink followed by a glass of water

When thirsty, drink water or apple juice until 4 hours before the procedure- thereafter nil per mouth.

SEDATION IS GIVEN – Please ensure there will be somebody to accompany and **DRIVE YOU HOME.**

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INSTRUCTIONS FOR COLON PREPARATION with PICO PREP - Afternoon Procedure -

- A clean bowel is extremely important for your planned procedure.
- Please follow instructions carefully. The procedure cannot be done if your bowel is not clean
- Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
- PicoPrep produces watery stools which will become clear with no solid matter.
- It is advisable to remain near a toilet and apply **Vaseline around anus before & after each stool**

MEDICATION:

- **DIABETICS** if possible, PLEASE check your sugar levels the evening and morning; omit medication the morning of the procedure.
- **WARFARIN** – stop 4 days prior to procedure. If unsure whether you are allowed to stop medication, please check with your physician or cardiologist and have an INR check the morning of your procedure.
- **IRON TABLETS** must be stopped **one week** prior to the procedure.

TWO days before the procedure:

Follow a soft, Fiber-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, soup, jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day before the procedure : Date _____

Before 10am: Have a breakfast of boiled/poached egg, white bread and tea, coffee or clear fruit juice. Thereafter only clear liquids. Please drink a glass of clear liquids per hour from 12h00 until bedtime.

Approved clear liquids :Clear soups and Bovril drinks, yellow or green jelly, black tea or coffee, clear fruit juices eg apple ,litchi grape juice, energy drinks and water.

No milk or dairy products allowed. No red wine, orange, red or purple cool drinks allowed.

Preparation - 4 sachets

At **14h00** : Dissolve the 1st sachet PicoPrep in 250ml hot water, stir until clear, chill with ice and drink followed by a glass of water.

At **17H00** : Mix the 2nd sachet PicoPrep as before and drink followed by a glass of water.

At **20H00** : Mix the 3rd sachet PicoPrep as directed and drink followed by a glass of water


Drink clear liquids until bedtime – one glass per hour.


Day of Procedure:

At 6 am : Mix the last sachet PicoPrep as directed and drink followed by a glass of water

When thirsty, drink water or apple juice until 4 hours before the procedure - thereafter nil per mouth.

SEDATION IS GIVEN – Please ensure there will be somebody to accompany and **DRIVE YOU HOME.**

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