



PICOPREP™

BOWEL PREPARATION FOR COLONOSCOPY

What is Colonoscopy Bowel preparation?

The following will give you an understanding of the bowel preparation & how it is performed. Some people require inpatient bowel preparation – if you think this might apply to you please ask my staff.

Medication review:

You must discontinue all oral iron preparations at least one week prior to Colonoscopy. Please inform the reception/doctor if you are on any medications, which thin your blood, e.g. Warfarin, Plavix, Xarelto, Iscover, Eliquis, Pradaxa or Aspirin. Notify reception/doctor if you take diabetes tablets or Insulin.

Oral intake the day prior to Colonoscopy:

Your oral intake will be restricted to clear fluids from 0700 on the day prior to your colonoscopy. Examples of clear fluids include apple juice, water, clear soups, Bonox, black tea or coffee, carbonated and non-carbonated soft drinks, jelly, sports drink or cordial. Please avoid milk. Any solution that remains translucent (see through) when poured into a glass is acceptable. Barley sugar or light coloured sweets may be consumed until 6-hours before your scheduled appointment.

The timing of bowel preparation solution:

MORNING APPOINTMENT ONLY	AFTERNOON APPOINTMENT ONLY
4pm – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep. Please drink 2 glasses of water per hour until next picoprep due.	6pm – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep. Please drink 2 glasses of water per hour until 10pm.
7pm – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.	6am – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.
<i>10pm – ONLY for patients if they feel bowel has not cleared properly after first two picoprep sachets. Aim for clear to yellow fluid bowel return.</i>	<i>9am – ONLY for patients if they feel bowel has not cleared properly after first two picoprep sachets. Aim for clear to yellow fluid bowel return.</i>
CLEAR fluids may continue until 2 hrs before your allocated presentation time to hospital.	CLEAR fluids may continue until 2 hrs before your allocated presentation time to hospital.