



## **\*PREPKIT-ORANGE™**

### **BOWEL PREPARATION FOR COLONOSCOPY**

#### **What is Colonoscopy Bowel preparation?**

\*Prepkit-Orange (formerly Prepkit-C) Bowel preparation is used to clean the colon and allows the endoscopist to view the bowel lining. Some people require inpatient bowel preparation – if you think this might apply to you please ask my staff.

***PREPKIT-ORANGE*** can be purchased at your pharmacy, which you can buy over the counter without a script. Cost is approximately \$20. ***Aim for a clear to yellow fluid bowel output.***

#### **Medication review:**

You must discontinue all oral iron preparations and fish oil supplements 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, Brillinta or Pradaxa. This DOES NOT include Aspirin. Notify reception/doctor if you take diabetes tablets or Insulin.

#### **Your Diet / Oral intake:**

Your oral intake will be restricted to clear fluids from 0700 on the day prior to your colonoscopy. You may have a light breakfast before 0700. Examples of clear fluids include apple juice, water, clear soups, Bonox, black tea or coffee, carbonated and non-carbonated soft drinks, 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 APPT ONLY	AFTERNOON APPT ONLY
4pm (day prior) – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.	4pm (day prior) – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.
5pm (day prior) – GLYCOPREP (mix with 1000ml water). Drink over 1-2 hours.	5pm (day prior) – GLYCOPREP (mix with 1000ml water). Drink over 1-2 hours.
8pm (day prior) – PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.	7am (day of procedure) - PICOPREP (mix with 250ml water). Drink a further glass of water straight after to flush picoprep.
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.