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# Colonoscopy Bowel Preparation

## Patient Instructions

Bowel prep allows your colon to be cleared of its usual content so it does not impair view of the lining of the colon during a colonoscopy. Poor bowel preparation limits the value of the investigation and may even prevent the completion of the colonoscopy itself.

If you are taking iron tablets, please stop them 7 days prior to the procedure. If you are taking blood thinning medication such as aspirin, iscover, plavix, warfarin or any other anticoagulant medication, instruction should have been given to you. If you are unclear, please contact the office for clarification. You may take your usual medications with sips of water unless instructed otherwise by your specialist.

Picoprep produces watery stool and cleanses the bowel prior to the procedure. You can purchase Picoprep at any pharmacy.

### Morning Procedure

On the day prior to your procedure

No solid food today but you may have clear fluids. Clear fluid means liquid you can see your fingers through the glass. These can be a variety of sweet and savoury drinks such as

- clear soup - broth, consume, stock in hot water (no solid components)
- black coffee or tea (no milk)
- jellies, juices (no pulp), cordials and soft drinks
- nothing red or purple
- drink plenty of water

Instruction for Picoprep

Take 3 sachets of Picoprep at the following times:

1. 12 midday
2. 2 pm
3. 5pm

Dissolve one sachet of Picoprep in approximately 250ml (approximately 1 glass) of warm water. Stir until the powder has completely resolved. Chill if preferred. Drink slowly over 10 to 15 minutes. Drink plenty of water throughout the day.

On day of the procedure, you may continue to drink until 2am, then nothing to eat or drink. Please take your usual medications in the morning with a sip of water.

## **Afternoon Procedure**

On the day prior to your procedure

You may have your usual breakfast but clear fluids after that. Clear fluid means liquid you can see your fingers through the glass. These can be a variety of sweet and savoury drinks such as

- clear soup - broth, consume, stock in hot water (no solid components)
- black coffee or tea (no milk)
- jellies, juices (no pulp), cordials and soft drinks
- nothing red or purple
- drink plenty of water

Instruction for Picoprep

Take 3 sachets of Picoprep at the following times:

1. 3 pm
2. 6 pm
3. 6 am on the day of the procedure

Dissolve one sachet of Picoprep in approximately 250ml (approximately 1 glass) of warm water. Stir until the powder has completely resolved. Chill if preferred. Drink slowly over 10 to 15 minutes. Drink plenty of water throughout the day.

On the day of the procedure, you may continue to drink until 8am then nothing to eat or drink. Please take your usual medication in the morning with a sip of water.