

COLONOSCOPY PREPARATION INSTRUCTIONS - PICOPREP

Morning Procedure

3 x Picoprep 15.5g sachets

Please follow the instructions below, NOT the instructions on the packaging. Individual responses to laxatives vary. They usually induce frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

The quality of the bowel preparation directly affects the accuracy of your test. The success of your examination depends on the bowel being as clean as possible, otherwise your colonoscopy may need to be postponed and the preparation repeated on another day.

APPROVED CLEAR LIQUIDS

Water or Lime/Lemon Cordial

Clear fruit juices and cordials (not red or purple)

Clear broth

Tea or coffee (no milk allowed)

Sports drinks (not red or purple)

Clear salty fluids (eg. strained chicken soup)

Plain jelly (only yellow or orange)

Lucozade or Soft drinks – lemonade, ginger ale

3 DAYS PRIOR TO COLONOSCOPY

Begin low residue food diet (see below) until the procedure is performed. Stop Iron tablets if you are taking them.

If your bowel motions are not regular, please take 2 x Durolox tablets daily.

FOODS ALLOWED TO BE EATEN:

Cornflakes, rice bubbles, white bread, toast, margarine, butter, honey, chicken, white fish, eggs, milk, cottage cheese, plain yoghurt, well cooked peeled pumpkin or potato, oranges, apples, plain biscuits. Plentiful 'Approved clear liquids' as listed above.

FOODS NOT ALLOWED TO BE EATEN:

Brown bread, cereals, meat, fruit and vegetables, any foods with seeds, nuts.

HELPFUL TIPS DURING PREPARATION

- * Drink plenty of clear fluids
- * Apply protective cream (e.g. Lanoline) around your anal area to reduce discomfort
- * Keep warm
- * If you feel nauseated while taking the preparation, stop for 30 minutes and try a hot clear drink
- * If you feel bloated, try walking around, suck some peppermints or drink peppermint tea.

ONE DAY PRIOR TO COLONOSCOPY

BREAKFAST:

You may have breakfast according to the diet above then nothing solid to eat thereafter.

AFTER BREAKFAST AND DURING THE DAY:

Only "Approved Clear Liquids" until 6.00pm. No solid food or milk products allowed.

It is very important to drink as much clear fluid as can be tolerated.

The bowel preparation may be more palatable if chilled. You may prepare and refrigerate it prior to use.

6.00pm First Dose

Add the contents of ONE sachet of PICOPREP to a large glass of water (approx. 250ml), and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 3 glasses of Approved Clear Liquids.

8.00pm Second Dose

Add the contents of ONE sachet of PICOPREP to a large glass of water (approx. 250ml), and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 3 glasses of Approved Clear Liquids, and then at least a glass per hour in order to remain hydrated. Clear liquids may be continued overnight if desired.

DAY OF COLONOSCOPY

5.00 - 6.00am Third Dose

Add the contents of ONE sachet of PICOPREP to a large glass of water (approx. 250ml), and stir until dissolved. Drink mixture slowly but completely, followed by 3 glasses of Approved Clear Liquids. Then nothing more to eat until after the procedure. You may drink water up until TWO (2) hours prior to your admission time.

Please arrive at the hospital at the scheduled admission time.
Before your procedure your bowel motions should be of a clear liquid nature. If not, please advise the Nurse at the time of admission.

Someone must accompany you home from the procedure because of the sedatives used during the examination.
Even if you feel alert after the procedure, the sedatives can affect your judgment and reflexes for the rest of the day.
YOU MUST NOT DRIVE OR OPERATE MACHINERY UNTIL THE NEXT DAY.

If you experience any complications after the procedure please contact Dr Fanning immediately, or proceed to the Emergency Department if this occurs after hours or on the weekend.

MEDICATIONS

NSAID arthritis tablets (e.g. Voltaren, Indocid, Naprosyn) should generally be ceased for 7 days prior to the procedure. Aspirin has NOT been shown to increase the risk of post-polypectomy bleeding, so it can be safely continued.

Clopidogrel [Plavix, Iscover], Prasugrel [Effient], Warfarin [Marevan, Coumadin], Rivaroxaban [Xarelto], Ticagrelor [Brilinta], Apixaban [Eliquis], or Dabigatran [Pradaxa] may need to be stopped depending on the reason they are being used. If you have a coronary stent or are at high risk for blood clots, strokes, or heart attacks, then these medications generally cannot be stopped. This should be discussed with Dr Fanning. It may also require discussion with your Cardiologist.

Diabetic medications will need to be adjusted. Please discuss this with Dr Fanning before your procedure.

All other medications should generally be taken as normal throughout the preparation, **unless** advised to discontinue by Dr Fanning.