

PREPARING FOR YOUR COLONOSCOPY

The hospital will contact you to let you know if your procedure will be in the morning or afternoon.

Please follow these instructions depending on when your procedure is scheduled.

- The day before your procedure you should have a liquid only breakfast, such as a smoothie.
- After breakfast **do not have any solid food** — you can consume clear fluids only.
Clear fluids means you should be able to see your fingers through the glass, for example:
 - clear soups such as Bonox, broths, consommé, or stock in hot water.
 - black coffee or tea **without milk**
 - jelly, cordial, soft drinks and fruit juices without pulp (lemon or lime)
- Do not consume anything red or purple in colour
- Drink plenty of water
- Lanolin/a similar cream applied to the anal area prior your bowel preparation may help avoid soreness.
- If you take iron tablets, stop taking them **one week prior** to your procedure.
- Other medications should be taken as usual with a sip of water in the early morning on the day of your procedure.

Instructions for PICOPREP (available from your pharmacy) — take 3 sachets as follows

Morning colonoscopy	Afternoon colonoscopy
9:00am first sachet	2:00pm first sachet
12:00pm second sachet	5:00pm second sachet
6:00pm third sachet	9:30pm third sachet

- Dissolve one sachet of PICOPREP in approximately 250ml (one glass) of warm water. Stir until dissolved. Allow to cool, if preferred. Then drink slowly over 5–10 minutes.
- Drink another 3–4 glasses of water or clear fluid of your choice slowly over the next little while.
- **Stop all fluid intake by 7am** on day of your procedure.
From this time, nil by mouth — no food or drink of any kind.

PICOPREP produces a watery stool and cleanses the bowel prior to examination.

It is essential to clean the bowel out properly, or it will inhibit the results of your procedure.

Patient Resources



Fellow of the Royal Australasian
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