

Bowel preparation instructions for a MORNING procedure

- Please read these instructions carefully today and again at least two (2) days prior to your procedure. Please ensure you follow all the steps in these instructions prior to your procedure.
- Bowel preparation is used to ensure your bowel is 'clean' before your procedure. If your bowel is not adequately clean your colonoscopy may be cancelled by the consultant on the day of your procedure and will need to be rebooked.
- You will need to purchase three (3) sachets of PicoPrep from your local pharmacy at least 2 days prior to your procedure. The PicoPrep will have instructions on the packet, please ignore those instructions and follow this information sheet.
- On the day before your procedure you will need to have a low-residue breakfast. You may only have white bread, refined cereal (e.g. Cornflakes or Rice Bubbles), eggs, milk and butter. You CANNOT eat wholemeal or multigrain bread, muesli, oats, porridge, All Bran or yoghurt.
- After your low-residue breakfast the day before your procedure you will need to have only clear fluids until after your procedure. You CANNOT have any solid food or milk products after breakfast. Below is a list of approved clear fluids:
 - Strained fruit juice without pulp (apple, orange)
 - Water
 - Clear broth or bonox
 - Coffee or tea without milk
 - Cordial and soft drink (not red or purple)
 - Plain jelly (not red or purple)
 - Sports drinks – e.g. Gatorade, Powerade (not red or purple)
 - Clear ice blocks
- You will need to ensure you stay within easy reach of toilet facilities after you take the PicoPrep.
- On the back of this page are step-by-step instructions. Please tick off each task as you have completed it. Please bring the completed tick sheet to your procedure.

Please tick off each task after you have completed the step

Purchase three (3) sachets of PicoPrep from you local pharmacy at least 2 days prior to your procedure

Ensure you have approved food for your low residue breakfast

Ensure you have an adequate supply of approved clear fluids

8am on the day before your colonoscopy

Have a low residue breakfast (approved foods listed on the front of these instructions)

8.30am on the day before your colonoscopy

Do not have any further solid food or milk products. Drink only approved clear fluids from now until after your colonoscopy

12pm on the day before your colonoscopy

Have the first sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids

1pm – 5pm on the day before your procedure

Drink at least 5 more large glasses of approved clear fluids

4pm on the day before your colonoscopy

Have the second sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids

5pm – 9pm on the day before your procedure

Drink at least 5 more large glasses of approved clear fluids

7pm on the day before your colonoscopy

Have the third sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with two full glasses of approved clear fluids

9pm- 630am overnight before your colonoscopy

Continue to drink water and Apple Juice as required. No Chewing Gum

6am on the day of your procedure

Have your usual morning medications (unless advised otherwise)

Bowel preparation instructions for a AFTERNOON procedure

- Please read these instructions carefully today and again at least two (2) days prior to your procedure. Please ensure you follow all the steps in these instructions prior to your procedure.
- Bowel preparation is used to ensure your bowel is 'clean' before your procedure. If your bowel is not adequately clean your colonoscopy may be cancelled by the consultant on the day of your procedure and will need to be rebooked.
- You will need to purchase three (3) sachets of PicoPrep from your local pharmacy at least 2 days prior to your procedure. The PicoPrep will have instructions on the packet, please ignore those instructions and follow this information sheet.
- On the day before your procedure you will need to have a low-residue breakfast. You may only have white bread, refined cereal (e.g. Cornflakes or Rice Bubbles), eggs, milk and butter. You CANNOT eat wholemeal or multigrain bread, muesli, oats, porridge, All Bran or yoghurt.
- After your low-residue breakfast the day before your procedure you will need to have only clear fluids until after your procedure. You CANNOT have any solid food or milk products after breakfast. Below is a list of approved clear fluids:
 - Strained fruit juice without pulp (apple, orange)
 - Water
 - Clear broth or bonox
 - Coffee or tea without milk
 - Cordial and soft drink (not red or purple)
 - Plain jelly (not red or purple)
 - Sports drinks – e.g. Gatorade, Powerade (not red or purple)
 - Clear ice blocks
- You will need to ensure you stay within easy reach of toilet facilities after you take the PicoPrep.
- On the back of this page are step-by-step instructions. Please tick off each task as you have completed it. Please bring the completed tick sheet to your procedure.

Please tick off each task after you have completed the step

Purchase three (3) sachets of PicoPrep from you local pharmacy at least 2 days prior to your procedure

Ensure you have approved food for your low residue breakfast

Ensure you have an adequate supply of approved clear fluids

8am on the day before your colonoscopy

Have a low residue breakfast (approved foods listed on the front of these instructions)

8.30am on the day before your colonoscopy

Do not have any further solid food or milk products. Drink only approved clear fluids from now until after your colonoscopy

4pm on the day before your colonoscopy

Have the first sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids

5pm – 9pm on the day before your procedure

Drink at least 5 more large glasses of approved clear fluids

7pm on the day before your colonoscopy

Have the second sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with one full glass of approved clear fluids

9pm – 8am overnight before your procedure

Drink at least 5 more large glasses of approved clear fluids. Then continue to drink clear fluids overnight

8am on the day your colonoscopy

Have the third sachet of PicoPrep. Dissolve the entire contents of one sachet of PicoPrep in a glass of warm water, chill in the fridge if desired and drink. Follow with two full glasses of approved clear fluids.

Have your usual morning medications (unless advised otherwise)

8am-1130am on the day of your colonoscopy

Continue to drink water and Apple Juice as required. No Chewing Gum