



## Colonoscopy Bowel Preparation - Afternoon Procedure

### Prep Kit C

#### **1 x 70g Glycoprep-C & 2 x 15.5g PicoPrep**

You will need to purchase your bowel preparation from your pharmacist or our rooms prior to your appointment. Cease iron-containing medications, fibre (eg. Metamucil) and constipation agents (eg. Gastro-stop, Imodium, Codeine, Lomotil). Please advise your Specialist if you are taking ASPIRIN, WARFARIN or other blood thinning agents.

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

#### STEP 1 – TWO DAYS PRIOR TO YOUR COLONOSCOPY

Avoid eating grain bread or anything containing seeds.

#### STEP 2 – ONE DAY PRIOR TO YOUR COLONOSCOPY

##### 8.00am

Have a **LIGHT breakfast** (2 slices of white bread with honey / vegemite (no butter or margarine) and tea/coffee ).

Disolve Glycoprep in ONE litre of warm water and put in the refrigerator to chill.

Throughout the day try and drink 1 glass of clear fluid (**from the approved clear liquids list**) each hour in order to retain hydration.

##### 12.00pm

A **LIGHT lunch** is permitted (plain sandwich / egg , plenty of clear fluids)

**After lunch, do not eat any food until your procedure has been completed, however approved liquids from the list below may be consumed.**

#### **YOU MUST ONLY HAVE APPROVED CLEAR FLUIDS (listed below) AFTER LUNCH:**

- Water, **CLEAR** salty fluids (eg. *STRAINED* Chicken Noodle Soup, a little Vegemite in Warm Water).
- **CLEAR** Broth or Bouillon (Low residue);
- **CLEAR** Fruit Juices (*Apple or Pear*) or Cordials (*Lemon or Lime*), Sports Drinks (*No Red or Purple colourings*)
- Black Tea or Coffee (*NO MILK OR WHITENER*)
- Artificial Sweeteners are Permitted
- Clear Jelly (*Lemon or Pineapple*)

##### 5.00pm

**Add the first sachet of PICOPREP to the GLYCOPREP-C solution which you prepared earlier.** Drink one glass of the solution followed by a few mouthfuls of water every 15 to 20 minutes until complete. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

#### STEP 3 - DAY OF EXAMINATION

##### 6.00am

**Add the entire contents of the SECOND sachet of PICOPREP in a glass of warm water (250mL) and stir until dissolved.** Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by 4 glasses of water.

- **FAST** (Nothing Orally to be taken by mouth 4 hours prior) until after the examination
- Appear for examination at scheduled time

#### **CAUTION**

**Bowel Prep can affect the oral contraceptive. Be aware you may not be protected after having a bowel preparation. Please check with your consulting Specialist if you have any concerns.**