



## Colonoscopy Bowel Preparation - Morning Procedure

### 2x Sachets of Pico-salax (Sodium picosulfate, magnesium oxide and citric acid)

#### STEP 1 – FROM THREE DAYS PRIOR TO YOUR COLONOSCOPY

Avoid eating high fibre food, including grain bread, seeds, nuts, fresh fruit or raw vegetables. You may otherwise eat normally.

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

For the full day before the procedure do not eat any solid foods until after your procedure. Approved clear liquids from the list below may be consumed. Throughout the day try to drink 1 glass of clear fluid each hour in order to retain hydration and blood sugar levels.

##### APPROVED CLEAR LIQUIDS:

- Water
- **CLEAR** salty fluids (eg. *STRAINED* chicken noodle soup, clear broth, or Vegemite in warm water).
- **CLEAR** Fruit juices (*apple, pear, coconut water, etc.*), cordials (*lemon or lime*), sports drinks (*yellow or clear*), or soft drink (*lemonade or ginger beer*)
- Black tea or coffee (*no milk or whitener. Sugar and artificial sweeteners are permitted*)
- Clear jelly (*lemon or pineapple*)
- Icy poles (*yellow, or clear only*). Any of the above may also be frozen for consumption

##### DO NOT CONSUME:

- Solid foods
- Dark coloured (red, purple ,etc.) liquids
- Liquids that you cannot see through
- Alcoholic beverages

##### Between 6:00pm – 8:00pm

Mix **ONE sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **5 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



##### Between 9:00pm – 11:00pm

Mix **the second sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **4 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



You may only drink water following completion of the bowel preparation in the evening.

#### STEP 3 - DAY OF EXAMINATION

##### Four hours prior to procedure:

**FAST** - Stop all oral intake, including water, until after the examination.

**Bowel Prep can affect the efficacy of oral medication. Please check with your consulting Specialist if you have any concerns.**