



Associate Professor

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Robotic Upper Gastrointestinal Surgeon

## Colonoscopy Preparation Guide

Using PICOPREP 3

PICOPREP 3 is a solution taken by mouth to cleanse the bowel before a colonoscopy. The bowel preparation will cause multiple bowel motions, usually within 2-3 hours of the first dose, but the response is variable. You may experience intermittent abdominal cramps. Remain within easy reach of the toilet after starting the preparation.

PICOPREP 3 is available “over the counter” from your pharmacy.

### Instructions:

1. Do NOT drive your car, sign legal documents, drink alcohol or operate any machinery until 24 hours after the procedure.
2. This procedure is done under sedation. You need to have a friend/relative take you home.
3. Do NOT take any iron tablets for 7 days prior to the procedure.
4. If you are taking blood thinning medication such as Aspirin, Cartia, Astrix, Disprin, Asasantin, clopidogrel, warfarin, dabigatran, apixaban, edoxaban, rivaroxaban, enoxaparin, heparin, dalteparin or fondaparinux: Please discuss the need to cease this, with your doctor.
5. If you are taking the contraceptive pill, you will need to use another form of contraception for two weeks after your procedure.

### Two days before your Colonoscopy:

**Avoid** the following high fibre foods:

- Wholegrain and wholemeal breads and cereals
- Nuts, seeds and coconut
- All fruit (dried, canned or raw), except canned peaches

You **may** eat:

White bread, rice, pasta, meat, ham, chicken, fish, potato, pumpkin, tinned peaches, dairy products and eggs.

### Approved clear fluids:

We recommend that you drink a combination of the following clear fluids and not one in isolation:

- Gatorade (lemon or lime flavoured)
- Fruit juices (apple, pear and grape)
- Clear chicken broth
- Black tea or coffee
- Water of any kind
- Plain jelly, lemon or pineapple flavours
- Strained chicken noodle soup
- Lemon or lime cordial

Do not have any food or drink before the colonoscopy other than what is detailed above. Please do not drink only water. It is important to drink plenty of clear fluids the day before your procedure to avoid Dehydration and electrolyte imbalance.

## The day before your Colonoscopy

Before 08.00 am	You may eat a light predominantly liquid breakfast. Do not eat any food after breakfast, but have two glasses of approved clear fluids (see above).
10.00 AM	1-2 glasses of approved clear fluids.
<b>Please ensure that there is a minimum of 2 hours between the doses of PICOPREP 3.</b>	
12.00 - 1.00 PM	Mix one sachet of PICOPREP 3 in a glass of water and drink. Drink another 2 glasses of approved clear fluids.
2.00 - 3.00 PM	Mix one sachet of PICOPREP 3 in a glass of water and drink. Drink another 2 glasses of approved clear fluids.
4.00 - 5.00 PM	Mix one sachet of PICOPREP 3 in a glass of water and drink.
<b>Drink approximately 3 glasses of approved clear fluids until bedtime.</b>	

## On the day of your Colonoscopy

<b>You must continue to drink approved clear fluids until 6 hours before your procedure. You must be nil by mouth after this time.</b>	
06.00 AM	Take your regular medications (other than those specified on Page 1) as usual with half a glass of approved clear fluids.

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