

# Bowel Preparation for afternoon procedures

Phone: (02) 4910 0591

Email: [reception@beechnutmedical.com](mailto:reception@beechnutmedical.com)

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## Afternoon procedures:

You will need a three (3) sachet pack of **Picoprep**. This can be purchased at any pharmacy over the counter, a script is not required.

## On the day prior to your procedure:

You may have your usual breakfast in the morning, however after breakfast on the day prior to the procedure it is clear fluids only (no solid food is allowed). Clear liquid means you should be able to see your fingers through the glass. These should be a variety of sweet and savoury drinks e.g.:

- Clear soups – bonox, broths, consume, stock in hot water
- Black coffee and/or tea, no milk products
- Jellies, cordials, soft-drinks and fruit juices (lemon or lime)
- Nothing red, blue or purple in colour
- Clear Gatorade
- No pulp in juice
- Drink plenty of water

## Instructions for Picoprep

Lanolin or similar cream can be applied to the anal area before beginning your bowel preparation may help to avoid soreness. Picoprep produces a watery stool and cleanses the bowel prior to the examination. It is important to clean the bowel out properly or it will inhibit the results of your procedure.

Take the three (3) sachets of Picoprep at the following times:

1. 2:00pm
2. 5:00pm
3. 6:30am (on the day of the procedure)

At each interval dissolve one sachet of Picoprep in approximately 250ml (about one glass) of warm water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly over 5 to 10 minutes.

Drink another three to four glasses of water or clear fluid of your choice slowly over the next little while.

On the day of your procedure:

The hospital will call you to advise when you should be nil by mouth (no food or drink of any kind UNLESS it is your final sachet and water for your Picoprep), keep having “Clear liquids” **only** until this time. **The hospital will also provide you with your arrival time.**

Arrive at the admissions area of the hospital at the time advised to allow time to complete your admission.

- If you are taking, iron tablets, please omit them one week prior to your procedure.
- Aspirin, Warfarin, Iscover, Plavix, Pradaxa or other anticoagulant medications should be taken as usual unless otherwise instructed by your specialist  
(**please advise the specialist** if you are on this medication)

Other medications should be taken as usual with a sip of water in the early morning on the day of your procedure.

