

Bowel Preparation: Morning Procedures

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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 on the morning prior to your procedure, however after breakfast it is clear fluids only (no solid foods allowed). Clear liquid means you should be able to see your fingers through the glass. These must 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:

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:

- 12:00 midday
- 2:30pm
- 5:00 pm

Lanolin or similar cream applied to the anal area before beginning your bowel preparation may help to avoid soreness.

At each time dissolve one sachet of Picoprep in approximately 250ml (about one glass) of warm water. Stir until the powder has completely 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:

On the day of your procedure, the hospital will advise you when should be nil by mouth (no food or drink of any kind **unless** it is when taking your pico prep solution), keep having “clear liquids” **only** until this time. Fasting or “nil by mouth” means nothing to eat, drink, suck or chew. **The hospital will also advise you of your arrival time.**

On the day, you should arrive at the admissions area of the hospital at the time advised by the hospital to allow time to finalise 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. If you are taking any of these medications please **advise the specialist**.

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

