

Picoprep

COLONOSCOPY PREPARATION

This information brochure is to help facilitate in an effective and safe colonoscopy. Please read this brochure 1 week before your procedure to ensure you are prepared.

Diabetic?

If you are a diabetic, and take insulin, you will be required to adjust your dose of insulin the day before and on the day of the procedure. Our team will be able to provide you with these instructions. Please monitor your Blood Glucose Levels routinely during the day before your procedure, as you will be fasting. If you are taking oral diabetic medications you will need specific instructions on these by our team. Please ensure you have these instructions before proceeding.

Please bring all your medications with you on the day of the procedure.



Cardiac medications?

If you are taking blood thinning medications such as Warfarin, Plavix (clopidogrel), Apixaban, Xeralto etc. you may be required to withhold these prior to your procedure. Our team will give you specific instructions regarding these medications. Please contact us if you are unclear to ensure these medications are managed appropriately to ensure your safety.



Getting prepared

You are required to alter your diet leading up to the procedure as follows:

- **5 days before** no seeds or nuts
- **4 days before** you will need to commence a "white diet". Please refer to the 2nd page of this brochure for further explanation.
- Please don't eat any red meat from **2 days before**.
- **The day before your colonoscopy you need to commence a clear fluid diet. NO BREAKFAST the day before.**

What is a "clear fluid" diet?

The day before your procedure it is important that you do not have any solid food that day. You are however able to consume the following: Jelly, water-based cordials, sports drink, black tea and coffee, clear fat free broths (i.e. stock cubes dissolved in boiling water), clear fruit juices (no pulp). PLEASE NOTE none of the above should be red or orange in colour.



The day before

Remaining well hydrated is the key to tolerating bowel preparation for colonoscopy. You will need at least 2L additional fluid intake each day you are undergoing preparation.

Obtain 3 sachets of Picoprep

6:00 pm – 1 sachet of Picoprep
6:30 pm – 250mls of water
7:00 pm – 1 sachet of Picoprep
7:30 pm – 250mls of water



The day of your procedure

5 hours before your **appointed time of your procedure** you will be required to take your **last sachet** of Picoprep and a glass of water

NOTE: Please remember to drink 6-8 glasses each day in the lead up to your colonoscopy

Please remember

The facility you are attending will contact you the day before your procedure with the time you will need to arrive. At this time the nurse will give you further instructions regarding your regular medications and what your anaesthetist would like you to withhold on the morning. Please follow these instructions.

Reminders and FAQ

- You may consume clear fluids up to 2hrs before your time of arrival in the facility
- If you have concerns regarding medications and symptoms outside of office hours please contact the facility you will be attending for guidance
- You may wear a tampon or menstrual cup for the procedure, this does not interfere with what the doctor needs to do
- If you suffer from asthma, or any lung condition, and use a regular preventer please use it the morning of your procedure and bring along with you. This may help with your anaesthetic.

