

**Morning Preparation for Colonoscopy**

PLEASE READ THOROUGHLY

THE MOST IMPORTANT THING TO UNDERSTAND IS THAT YOU MUST HAVE A **CLEAR (URINE COLOURED) BOWEL RETURN** ON THE DAY OF THE PROCEDURE

PLEASE NOTE THAT YOU WILL HAVE DIARRHOEA.

These are guidelines only. You may need to drink more preparation to achieve the above result.

ONE WEEK BEFORE	Obtain <b>prepkit C</b> from your pharmacy or Dr Corte. Check that it contains <b>2</b> sachets of <b>PicoPrep</b> and one 70g sachet of <b>GlycoPrep-C</b>
	Cease iron tablets, continue all other medications unless advised otherwise

DAY BEFORE THE SCOPE	No solid foods at all. Clear fluids only for the whole day.
	<b>Drink plenty of clear fluids throughout the day:</b> Strained clear soups, cordial ( <b>not red</b> ), jelly ( <b>not red</b> ), green tea, black tea/coffee ( <b>NO MILK</b> ), clear apple juice, lemonade, ginger ale, plenty of water

TAKING PREPKIT C. READ DETAILS THOROUGHLY BEFORE STARTING

Please disregard the instructions on the back of the box.

PicoPrep can be dehydrating, keep up your water/fluid intake.

NIGHT BEFORE THE SCOPE	Mix one sachet of <b>PicoPrep</b> in 250mL of warm water and drink at <b>7pm</b>
	Mix the sachet of <b>GlycoPrep-C</b> into 1 Litre of water and put in fridge. Drink cold, 250mLs every 15 minutes, commencing <b>9pm</b> , finished by <b>10pm</b>

MORNING OF THE SCOPE	Mix remaining sachet of <b>PicoPrep</b> in 250mL of warm water and drink at <b>5am</b>
	Take any morning medications unless advised otherwise.
	Continue to drink water until 4 hours before your procedure

- If your bowel return is not clear, please notify the surgery you will be attending (Day Surgery at Chris O'Brien LifeHouse 8514 1000 or Sydney Day Surgery 9550 5600), as you may require more preparation.
- Contact my room/the surgery if you have other problems like severe headache, nausea or vomiting.