

Patient Instruction Sheet: Prepkit

Do not follow the instructions on the Prepkit box

Follow the instructions on this sheet carefully:

- Buy **PREPKIT** from your chemist or your clinic
- There will be 3 packets of powder in the kit

****The bowel preparation will produce diarrhoea (or numerous loose bowel motions) within a short period of time after taking it. This is normal.**

Ensure you have bathroom facilities within easy access from when you start to take the sachets**



TWO DAYS BEFORE YOUR COLONOSCOPY:

- **STOP** taking any medicine with **IRON** in it (ask your Doctor if you're not sure)
- Prepare Glycoprep + 1 litre of water in a jug and place in refrigerator so it's cold and ready to drink tomorrow

ONLY eat & drink



Food: eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

Drink: water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.

DO NOT eat & drink



Food: fruits, vegetables, brown bread, cereals, nuts, seeds, yellow cheese.

Drink: alcohol, Metamucil, fruit/vegetable smoothies.

THE DAY BEFORE YOUR COLONOSCOPY:

- Eat breakfast (only the foods listed below)
- **No more solid food after breakfast (no lunch or dinner) but keep drinking liquids**
- Drink 1 glass of water (or other drink listed below) every hour to keep hydrated

ONLY eat & drink



Food: eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

Drink: water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.

DO NOT eat & drink



Food: fruits, vegetables, brown bread, cereals, nuts, seeds, yellow cheese, nuts, seeds.

Drink: milk, Metamucil, orange juice, fruit/vegetable smoothies, full cream milk, red/purple colouring drinks, alcohol.

THE DAY BEFORE YOUR COLONOSCOPY: (continued)

NO SOLID FOODS AFTER BREAKFAST, ONLY CLEAR FLUIDS

Clear fluids are ones that you can see through when you hold them up to the light

✓ **Approved clear fluids:**

Water, clear fruit juice (apple/pear/grape), black tea, black coffee, plain jelly, clear vegetable/chicken broth, lemonade, ginger ale, sports drink (no red/purple colouring).

At 4 pm drink the first PicoPrep

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- Once finished, drink another glass of approved clear fluid in the next hour



At 6 pm drink Glycoprep (prepared yesterday)

- Drink one glass (approx. 250mls) of this mixture every 15 minutes for 1 hour. **NOTE:** If you feel sick, drink the mixture slowly
- Once finished, drink approved clear fluids throughout the evening to stay hydrated



NOTE: Ensure you are close to toilet facilities. These powdered drinks will cause diarrhoea, which can last 2-3 hours or longer in some cases.

THE DAY OF YOUR COLONOSCOPY:

Please tick **If your colonoscopy is in the MORNING:**

At 5 am drink the second PicoPrep

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- Can drink approved clear fluids until 6 am.
After 6 am have nothing to eat or drink (not even water)



OR

Please tick **If your colonoscopy is in the AFTERNOON:**

At 9 am drink the second PicoPrep

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- Can drink approved clear fluids until 10 am.
After 10 am have nothing to eat or drink (not even water)

