Colonoscopy Bowel Preparation

Afternoon Procedure

Please ensure you have checked our medication instructions or spoken to our team regarding your medications and if/when you need to cease taking them.

What you need to buy

Please purchase Picoprep x 3 satchets from your local pharmacy. This medication does not require a prescription.

Your Preparation Timeline

7 days

7 Days Before Your Procedure

Stop taking any iron supplements, anti-inflammatories or fish oil. If you take any blood thinning medications please ensure you are aware when to stop these.

3 days

3 Days Before Your Procedure

Start your low-fibre diet (see page 2 for food suggestions)

Day before

The Day Before Your Procedure

Have a light low-fibre breakfast and lunch before 12pm, then approved clear fluids only (see page 2).
No food to be consumed after 12pm.

Picoprep Dosing Schedule

5:00 pm	Mix entire contents of 1 satchet into a glass of water and consume
8:00 pm	Mix entire contents of 1 satchet into a glass of water and consume

Tip: Refrigerating Picoprep or adding apple or lemon juice or sports drink can improve the taste

Day

The Day of Your procedure

Clear fluids are allowed until 2 hours before your procedure.
Nothing by mouth for 2 hours before your procedure (no food, drinks, lollies or chewing gum)

Picoprep Dosing Schedule

6:00 am	Mix entire contents of 1 satchet into a glass of water and consume

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Low Fibre Diet (start 3 days before your procedure)

You CAN eat

- White bread, white rice, pasta, noodles
- Eggs (not fried)
- Rice bubbles, cornflakes
- Rice crackers or rice cakes (not wholemeal)
- Lean meats and fish
- All milks, plain yoghurt
- Plain chocolate mousse
- Plain biscuits or cookies

AVOID these foods

- Grains, seeds, nuts
- Fruit (all types)
- Vegetables (all types)
- Whole meal breads or cereals
- Red or purple coloured food or drinks

Clear Fluid Diet (after last allowed meal on the day before your procedure)

Approved clear fluids

- Water
- Black tea or coffee (no milk)
- Strained clear broth or soup
- Jelly (yellow or orange only)
- Lemon, lime or orange cordial
- Lemonade
- Clear ice blocks
- Gatorade, Powerade or Hydralyte

AVOID these fluids

- Mild or dairy based drinks
- Red, purple, green or blue coloured food or drinks

Coloured fluids or any solids can make it difficult for us to see clearly during your colonoscopy

Questions?

Please call **02 9997 7346** and ask to speak with one of our nurses or email admin@sydneygeneralsurgeons.com.au

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