

Colonoscopy Bowel Preparation – Morning Procedure

Please purchase Picoprep x 3 sachets from your local pharmacy – this medication does not require a script.

Please ensure you have spoken to one of our nurses regarding your medications and if/when you need to cease taking them.

7 days before procedure

- Cease taking any iron supplements, fish oil and blood thinning medications

3 days before procedure

- Commence your low fibre diet (suggestions on page 2)

The day before your procedure

- Have a light low fibre breakfast
- After breakfast clear fluids ONLY (suggestions on page 2) no food to be consumed
- 2pm – first dose of Picoprep (mix entire contents of 1 sachet into a glass of water)
- 5pm – second dose of Picoprep (mix entire contents of 1 sachet into a glass of water)
- 8pm – third dose of Picoprep (mix entire contents of 1 sachet into a glass of water)

The day of procedure

- Clear fluids until 5am, then fasting begins (no food, drinks or lollies/chewing gum)
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Low fibre diet suggestions:

- White bread, white rice, pasta, noodles
- Eggs (not fried)
- Rice bubbles, cornflakes
- Rice crackers/rice cakes (not wholemeal)
- Lean meats & fish
- All milks, plain yoghurt
- Plain chocolate mousse
- Plain biscuits or cookies
- **NO:** grains, seeds, nuts, fruit, wholemeal breads or cereals, vegetables, red or purple coloured food or drinks.

Clear fluid suggestions:

- Water
- Black tea or coffee
- Strained clear broth
- Jelly (yellow or orange only)
- Lemon, lime or orange cordial
- Lemonade
- Clear ice blocks
- Gatorade/Powerade
- **NO:** red, green, blue or purple food colouring

If you have any questions or need further clarification please call us on 9997 7346 and ask to speak with one of our nurses, alternatively you can email us:
admin@sydneygeneralsurgeons.com.au
