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General & Colorectal Surgery

Upper GI Endoscopy & Colonoscopy

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Preparation Instructions for Colonoscopy using PICOPREP

Read all your instructions carefully. If you have any queries, please contact my rooms or the Endoscopy Unit on 3326 3340. Dosages may need to be adjusted individually.

Follow a low residue diet for 4 days prior to the procedure, commencing on
(see Low Residue Diet)

Material Provided

1. One packet of Magnesium Citrate
2. One sachet of Glycoprep
3. Two sachets of PicoPrep

Day Before Colonoscopy (Wednesday)

1. Drink **CLEAR FLUIDS ONLY** for breakfast, lunch and dinner. Solid foods, milk and mild products are **NOT** allowed. Clear fluids include:
 - . Strained fruit juices without pulp – apple / grape / orange
 - . Water
 - . Coffee / Tea – without milk or non-dairy creamer
 - . Clear soup / Bonox
 - . All the following **except** those coloured red or purple
 - Fruit flavoured cordials / Staminade
 - Plain jelly (without added fruits or toppings)
 - Carbonated or non-carbonated soft drinks
 - Clear ice-blocks
2. **10 am** – (a) Mix the **Magnesium Citrate** sachet in **250 mls of boiling water** and refrigerate in preparation for drinking in the afternoon.

10 am – (b) Mix the **Glycoprep** sachet in **1 litre of tap water** and refrigerate in preparation for drinking the following morning.
3. **4 pm** – Drink the premixed Magnesium Citrate. This may give you diarrhoea. Have Amolin, Lanolin or a similar preparation available, if required, for your bottom.
4. **6 pm** – Add **120 mls** of water to one sachet of **PicoPrep**. Follow with a glass of approved clear fluids immediately and then continue to drink clear fluids (approximately one litre) until 8.00 pm.
5. **8 pm** – Add **120 mls** of water to the second sachet of **PicoPrep**. Follow with a glass of approved clear fluids immediately and then continue to drink clear fluids until the morning (at least one litre).

Day of Examination (Thursday)

1. **7 am** – Drink the one litre of **Glycoprep** over one hour and continue to drink clear fluids until the appointed time to fast.
Nil by mouth from (approximately 4 hours prior to admission).
2. At the completion of the diarrhoea, the faecal fluid may be coloured but should be free of particulate matter. If there are any faecal particles in the diarrhoeal fluid, you should contact the Endoscopy Unit on 3326 3340.
3. Arrive at for your procedure.