

## Preparation For Colonoscopy

### Afternoon Colonoscopy Instructions – PREPKIT C

*Please note this kit is obtained from your local pharmacy - and does not need a prescription*

#### This Kit Contains:

1 x GLYCOPREP-C 70g sachet

2 x PICOPREP 15.5g

### Preparation Instructions For Afternoon Colonoscopy:



*This preparation is not suitable for some patients with heart or kidney problems or diabetes. Please read the product information supplied carefully and discuss it with your doctor before taking the preparation.*

You may take medication that has been prescribed by your doctor up until the time of the examination.

You should cease iron tablets and aspirin or medication containing aspirin 5 days prior to the colonoscopy only after discussing with us. For the examination to be successful, the large bowel must be adequately cleansed on the day prior to the colonoscopy.

**PLEASE FOLLOW THESE INSTRUCTIONS ONLY - IGNORE THE INSTRUCTIONS ON THE PREPKIT-C KIT**

#### Three days before the examination:

- Do not eat foods containing seeds e.g. tomatoes, passionfruit, whole grain bread, muesli, sesame seeds, poppy seeds etc.

#### Two days before the examination:

- Stop eating meat, brown bread, cereals, fruit or vegetables. Do not eat foods containing seeds e.g. tomatoes, passionfruit, whole grain bread, muesli, sesame seeds, poppy seeds etc.
- You may eat eggs, cottage cheese, plain yoghurt, white bread, white fish, chicken well cooked and peeled pumpkin or potato. You may have clear jelly, milk and drink plenty of approved clear liquids. Some suggested recipes are included below.
- Approved clear liquids are: water, clear broth/bouillon, clear fruit juices, plain jelly (*not red or purple*). Black tea or coffee, sports drinks (*not red or purple*), clear fruit cordials (*not red or purple*), clear salty fluids (*chicken soup*), Lucozade.

#### One day before the examination:

- You may have breakfast in accordance with the aforementioned diet and approved clear liquids as needed throughout the day (*no milk products after breakfast*).
- In the morning add entire contents of **ONE** sachet of **PICOPREP** in a glass of warm water (*approx 250ml*) and stir until dissolved. Place in refrigerator to chill.
- The second sachet **PICOPREP** can then be added to a glass of warm water (*approx 250ml*) and stirred until dissolved, and placed in refrigerator to chill.
- Dilute entire pack of **GLYCOPREP-C 70g** in a litre of warm water and stir until dissolved. This can be made up in the morning or earlier in afternoon and also placed in the refrigerator to chill.

## 🕒 First dose – 5pm

- Drink one glass of the **PICOPREP** mixture slowly but completely. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

## 🕒 Second dose – 7pm

- You should drink a glass of the **GLYCOPREP** every 15 minutes. Total intake time should take 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. A drinking straw can often be helpful.
- *This preparation will cause multiple bowel movements. It may work within 30 minutes, but usually 2 – 3 hours following each dose.*

## Day of examination

### 🕒 Third dose – 6am

- Drink one glass of the **PICOPREP** mixture slowly but completely. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

### Colonoscopy only

- You may continue approved clear liquids (*no more than 200ml per hour, no milk, soups or jellies*) until 7:30am on the day of your procedure. Arrive at the hospital at the scheduled admission time.

### Colonoscopy and Gastroscopy (endoscopy via mouth)

- As above, but do not eat or drink anything for 6 hours prior to the scheduled admission time.

## Some suggested meals for your pre-colonoscopy diet



**Important note** *These suggestions are for the preparation that starts TWO DAYS PRIOR to your procedure. ALL food consumption should be ceased after breakfast on the DAY PRIOR to your procedure.*

### Breakfast:

- Regular white toast and scrambled egg – white only
- Omelette – Beat eggs with ricotta and add some poached chicken. Cook omelette.
- Rice Bubbles with milk and white sugar

### Lunch:

- Sliced chicken breast, butter, regular white bread sandwich
- Savoury ricotta fritters with egg and garlic salt covered with fresh white breadcrumbs:  
Mix ricotta, eggs and garlic salt. Shape into patties and cover with fresh white breadcrumbs

### Dinner:

- Poached chicken and mashed potato – Chicken stock, Kaffir lime leaves, fresh ginger, garlic, palm sugar & fish sauce. Add chicken breasts to the cold, flavoured chicken stock, bring to boil very slowly and turn off. Rest the dish for 10 minutes and serve with mashed potatoes.
- Fish and mashed pumpkin – Dip fish in beaten eggs, cover with fresh breadcrumbs.  
Cook & mash pumpkin. Serve with a dollop of yoghurt.