

314 WARRIGAL ROAD, GLEN IRIS VIC 3146
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BOWEL PREPARATION INSTRUCTIONS FOR AFTERNOON PROCEDURE

THREE SACHETS PICOPREP 15.5g.

Stop all iron containing medications, BUT continue with your other regular medication. If you are taking Warfarin, anti-platelet agents, or any blood thinners, they may affect your test, so please check with your local doctor at least one week before the test about what you should do. If you are taking medication for your heart, blood pressure, or asthma you should take this as normal on the morning of your test with a small sip of water.

If you are diabetic and take insulin, you should check with your usual doctor on how to vary your insulin dosage, before you start taking the bowel preparation. If you are diabetic and take tablets for your diabetes, these should be missed on the day of your procedure. It is also very important that you ask us for the earliest appointment possible on the day of your procedure.

The bowel preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within three hours of taking the first dose. Please remain within easy reach of toilet facilities. **Bowel motions may continue up to the next morning.**

TWO DAYS BEFORE EXAMINATION

Stop eating, red meat, brown bread, cereals, foods or liquids with a strong colour (red or purple), or anything with seeds in it, until after your test. No fruit or vegetables except potato or pumpkin.

ONE DAY BEFORE YOUR EXAMINATION

Breakfast: Tea/Coffee (with milk if preferred) toast, minimal margarine, jams (**without seeds**), white bread only.

Lunch -Continue to follow the approved foods list for lunch.

Dinner- No food- drink approved clear fluids only.

You may drink clear liquids only from 1pm until 4 hours prior to your test.

At 6am on the day of your test the bowel preparation begins.

FIRST DOSE

6am (On the day of the test):Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approx 250ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or **approved clear liquids** (at least a glass an hour), in order to retain hydration throughout your body.

SECOND DOSE

7am (On the day of the test): Repeat instructions as per first dose.

THIRD DOSE

8am (On the day of the test): Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approx 250ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely.

DAY OF EXAMINATION

After midnight, you are allowed to have up to 200mls every hour of APPROVED CLEAR FLUIDS, but you must have nothing at all from 4 hours prior to your admission time. If you are taking medication for your heart, blood pressure, or asthma you should take this as normal on the morning of your test with a small sip of water.

Foods ALLOWED		Foods to AVOID
<u>2 DAYS BEFORE YOUR PROCEDURE</u>		<u>2 DAYS BEFORE YOUR PROCEDURE</u>
BREADS: White bread, rolls, plain biscuits, white muffins, pancakes, waffles, honey, jams (without seeds), white crumpets, vegemite.		<u>NO</u> – wholegrain flour products, baked goods made of bran, nuts, seeds, coconut, dried fruit, corn bread.
CEREALS: Rice bubbles, cornflakes, Weetbix, Nutrigrain.		<u>NO</u> – oatmeal, whole grain cereal bran, porridge, nuts, coconut or dried fruit.
DESSERTS: Plain cake, water ices, natural low fat yoghurt, jelly (not red or purple) light ice cream, frozen yoghurt without fruit.		<u>NO</u> – desserts made of whole grain bran seeds, coconut, dried fruits, yoghurts with fruit skins, seed or nuts, popcorn, chocolate.
FRUIT: Ripe banana, apple sauce, stewed peeled fruit.		<u>NO</u> – raw fruit (except bananas) no dried fruit or berries.
POTATO AND POTATO SUBSTITUTE: White rice, white pasta, egg noodles (2 minute noodles). Peeled mashed potato.		<u>NO</u> – whole wheat pastas, noodles, or sweet potato.
VEGETABLES: Cooked peeled carrot, pureed squash, pumpkin		<u>NO</u> – raw vegetables, broccoli, cauliflower, cabbage, spinach, peas, corn, lettuce, tomato.
FATS: Minimal margarine, light salad dressing, light mayonnaise.		<u>NO</u> – butter, seeds, bran, nuts, coconut, peanut butter.
MEAT & MEAT SUBSTITUTES: Well cooked lean white meat ie: no fat – skinless chicken, fish, shellfish, eggs, low fat cheese.		<u>NO</u> – red meat, pickled meat or salami.
		<u>NO</u> – Full cream milk, fruit or vegetables juices containing pulp.
APPROVED CLEAR FLUIDS: Strained broth, strained chicken noodle soup, tea, coffee, strained fruit juices, apple juice, water, sports drinks, soft drinks, cordials, barley sugar, jelly, icy poles, stock cubes.		