

BOWEL PREPARATION

For PillCam



5 DAYS BEFORE YOUR PROCEDURE

STOP all iron containing medications, eating grains, nuts and seeds

START increasing your fluids

PURCHASE PicoPrep from the chemist.

(If you are allergic to Mango, citrus or macrogol this preparation is not suitable. Please contact us for alternative bowel prep instructions.)

CALL US if you take **MEDICATIONS** for the below:

Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

1 DAY BEFORE YOUR PROCEDURE

1. You may have breakfast, morning tea and lunch (NO dinner)
2. Follow the white diet below
3. Cease eating at 1.30pm

THE WHITE DIET

You may ONLY eat from the permitted list below. You may have breakfast and lunch (NO dinner)
NO other foods are allowed

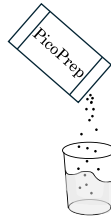
6am – 1:30pm

Food	Drinks	
<ul style="list-style-type: none">✓ White bread/toast (nothing-fibre)✓ Rice bubbles✓ White rice✓ Regular pasta✓ Potatoes (peeled and mashed only)✓ Rice noodles✓ Rice crackers (plain)✓ Pancakes✓ Crumpets✓ Hashbrowns✓ White flour✓ Cooking oil✓ Chicken breast✓ White fish fillet (no skin)✓ Eggs✓ "Milk bottles" (white confectionary)✓ Custard	<ul style="list-style-type: none">✓ Milk✓ White yoghurt (no added fruit)✓ Mayonnaise✓ Cream✓ Sour cream✓ Butter and margarine✓ Cream cheese✓ Cheddar✓ Ricotta✓ Feta✓ Cottage cheese✓ Mozzarella✓ Parmesan✓ Sugar✓ White chocolate✓ Vanilla ice cream✓ Lemonade icy-pole	<ul style="list-style-type: none">✓ Black coffee✓ Black tea✓ Clear soup (e.g. clear chicken broth)✓ Water✓ Soda water✓ Mineral water✓ Clear cordials✓ Sports drinks (not red/purple/blue)✓ Hydralyte (not red/purple)✓ Berocca (not red/purple)✓ Apple juice (no pulp)✓ Lemonade✓ Jelly

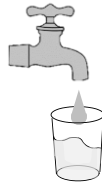
1:30pm

STOP eating - clear fluids **only**

6pm



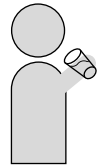
Pour into a
250ml glass



Add 250ml
of water



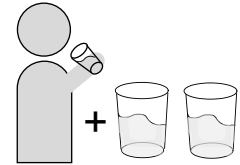
Stir until dissolved
(up to 8min)



Sip over
30 mins

6pm -
bedtime

An intake of clear fluids is advised to keep up hydration.



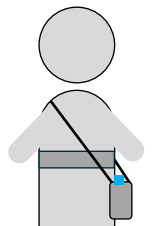
DAY OF PROCEDURE

**Morning
before
appointment**

- ✓ Do not apply lotions or perfume on your hands or around your waist area.
- ✓ Do not take any medications the morning of examination, unless discussed prior.
- ✓ Do not wear a dress as a soft belt and receiver will be fitted around your waist. Wear comfortable loose-fitting clothing.
- ✓ Do not disconnect the receiver or completely remove the belt at any time during the procedure. If the receiver becomes disconnected contact our rooms.

**During
appointment**

- ✓ You are required to wear a receiver bag across your body which sits at your hip for the entire day – keep this in mind if you have work or an event to attend.
- ✓ Once capsule is ingested you can return to your day as per normal, no heavy exercise or water activities
- ✓ You do not need to stay at the hospital.



**After
appointment**

- ✓ Four hours after ingesting the capsule you may have a light lunch.
- ✓ Medication can be consumed after procedure with your light lunch.
- ✓ Throughout the day, check the blue receiver light is on.
- ✓ If the blue light is no longer active, note the time and contact our rooms.
- ✓ Later that evening when the procedure is complete you may return to your normal diet.
- ✓ Return receiver to the clinic at the specified time.