

EXTENDED BOWEL PREPARATION

For Colonoscopy

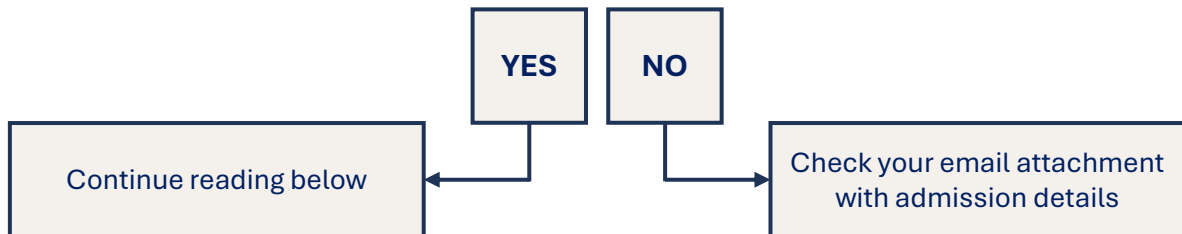
PREPKIT ORANGE



Read this 5 days before your procedure

The following information is important to follow to secure a successful view of your bowels

Do you know your admission day and time?



5 DAYS BEFORE YOUR PROCEDURE

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

START increasing your fluids

PURCHASE PrepKit Orange from the chemist.

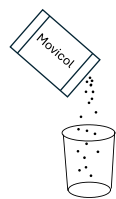
(If you are allergic to Mango, citrus or macrogol this preparation is not suitable. Please contact us for alternative bowel prep instructions.)

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

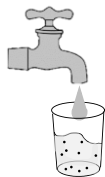
Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

2 DAYS BEFORE YOUR PROCEDURE

9am
First
Movicol
sachet



Pour into glass



Add 125ml of
water

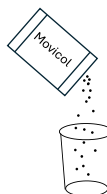


Stir until dissolved
(up to 8min)

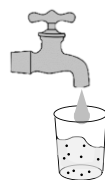


Drink Movicol

6pm
Second
Movicol
sachet



Pour into glass



Add 125ml of
water



Stir until dissolved
(up to 8min)



Drink Movicol

1 DAY BEFORE YOUR PROCEDURE

6am

- ✓ Follow the **white diet** below

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

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

Is your admission time **before** 12pm? (see page 3)

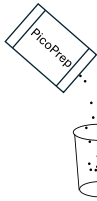
Is your admission time **after** 12pm? (see page 4)

Preparation for admission BEFORE 12pm

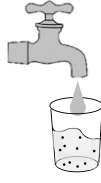
If your admission time is 12pm or after do NOT follow this. Go to page 4

1 DAY BEFORE YOUR PROCEDURE

4pm
Dose 1
PicoPrep



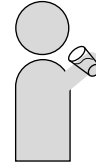
Pour into glass that can hold 200ml



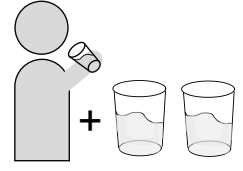
Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins

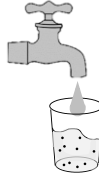


Keep drinking clear fluids in the evening to stay hydrated

6pm
Dose 2
GlycoPrep



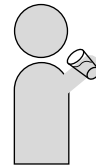
Pour into container that can hold 1L



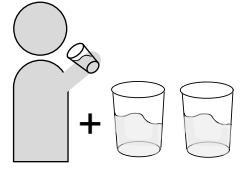
Add 1L of water



Stir until dissolved (up to 8min)

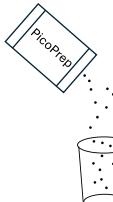


Sip over 30 mins

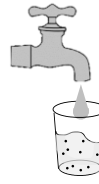


Keep drinking clear fluids in the evening to stay hydrated

8pm
Dose 3
PicoPrep



Pour into glass that can hold 200ml



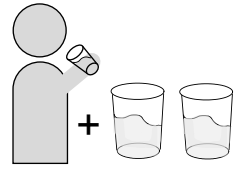
Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins



Keep drinking clear fluids in the evening to stay hydrated

DAY OF PROCEDURE

4:00am

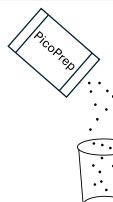


Take any needed medication now

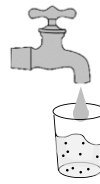


Keep drinking clear fluids to stay hydrated

4:30am
Dose 4
PicoPrep



Pour into glass that can hold 200ml



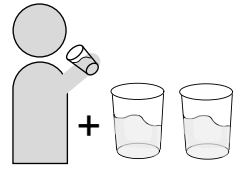
Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins



Keep drinking clear fluids in the evening to stay hydrated

5am

Strict fasting, no drinking, no eating, nil by mouth



To know if the bowel preparation is working, please see the image below.
If your output is not consistent with this guide, please inform the hospital upon arrival.

Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

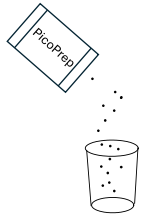


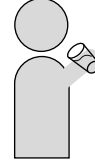
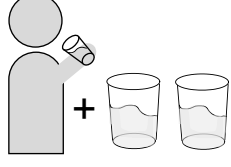
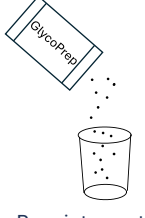
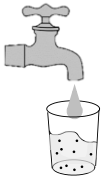


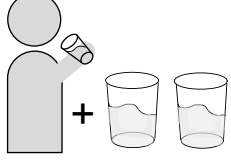
ALMOST THERE

YOU'RE READY!

Preparation for admission AFTER 12pm

If your admission time is before 12pm do NOT follow this. Go to page 3

1 DAY BEFORE YOUR PROCEDURE

<p>5pm Dose 1 PicoPrep</p>	 <p>Pour into glass that can hold 200ml</p>	 <p>Add 200ml of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Sip over 30 mins</p>	 <p>Keep drinking clear fluids in the evening to stay hydrated</p>
<p>8pm Dose 2 GlycoPrep</p>	 <p>Pour into container that can hold 1L</p>	 <p>Add 1L of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Sip over 30 mins</p>	 <p>Keep drinking clear fluids in the evening to stay hydrated</p>

DAY OF PROCEDURE

<p>8am Dose 3 PicoPrep</p>	 <p>Pour into glass that can hold 200ml</p>	 <p>Add 200ml of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Sip over 30 mins</p>	 <p>Keep drinking clear fluids in the evening to stay hydrated</p>
<p>9:00am</p>	 <p>Take any needed medication now</p>		 <p>Keep drinking clear fluids to stay hydrated</p>		
<p>9:30am Dose 4 PicoPrep</p>	 <p>Pour into glass that can hold 200ml</p>	 <p>Add 200ml of water</p>	 <p>Stir until dissolved (up to 8min)</p>	 <p>Sip over 30 mins</p>	 <p>Keep drinking clear fluids in the evening to stay hydrated</p>
<p>11am</p>	<p>Strict fasting, no drinking, no eating, nil by mouth</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>FOOD</p> </div> <div style="text-align: center;">  <p>DRINK</p> </div> <div style="text-align: center;">  <p>GUM</p> </div> </div>				

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ALMOST THERE

YOU'RE READY!