

BOWEL PREPARATION

For Colonoscopy

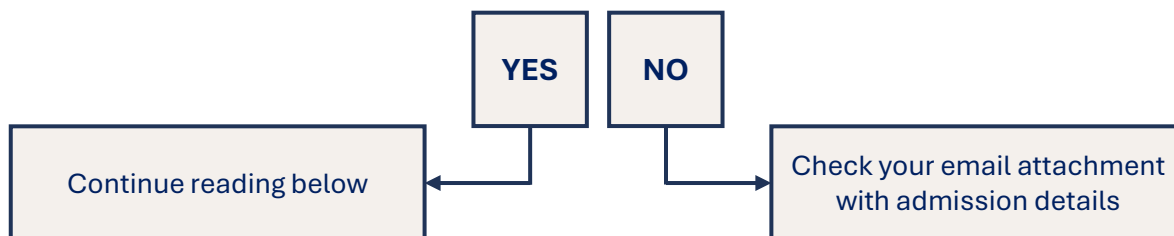
PREPKIT ORANGE



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.

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

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

2 DAYS BEFORE YOUR PROCEDURE

THE WHITE DIET

You may ONLY eat from the permitted list below. NO other foods are allowed

7am

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

Is your admission time **before** 12pm?

(see page 2)

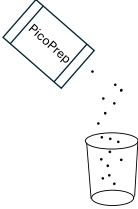
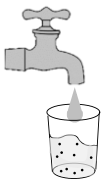

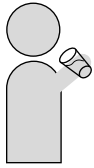
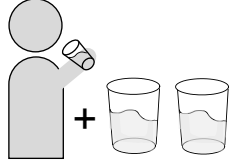
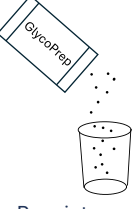
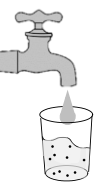

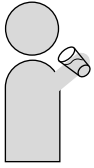
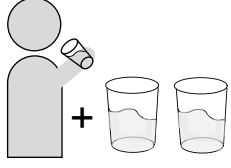
Is your admission time **after** 12pm?

(see page 3)

Preparation for admission BEFORE 12pm

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

1 DAY BEFORE YOUR PROCEDURE

continuing	<ul style="list-style-type: none"> ✓ Continue with the white diet. ✓ You may have breakfast and lunch (NO dinner) 				
1.30pm	STOP eating – clear fluids only				
6pm Dose 1 PicoPrep	 <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>
8pm Dose 2 GlycoPrep	 <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

4:00am	 <p>Take any needed medication now</p>		 <p>Keep drinking clear fluids to stay hydrated</p>		
4:30am Dose 3 PicoPrep	 <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>
5am	<p>Strict fasting, no drinking, no eating, nil by mouth</p>		  		

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

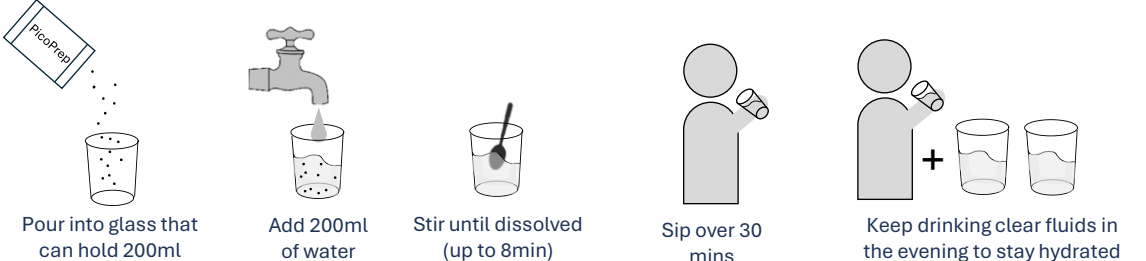
ALMOST THERE

YOU'RE READY!

Preparation for admission **AFTER** 12pm

If your admission time is before 12pm do NOT follow this. Go to page 2

1 DAY BEFORE YOUR PROCEDURE

continuing	<ul style="list-style-type: none"> ✓ Continue with the white diet. ✓ You may have breakfast and lunch (NO dinner)
1.30pm	STOP eating – clear fluids only
8pm Dose 1 PicoPrep	

DAY OF PROCEDURE

7:30am Dose 2 GlycoPrep	
9am	 <p>Take any needed medication now</p>  <p>Keep drinking clear fluids to stay hydrated</p>
9:30am Dose 3 PicoPrep	
11am	<p>Strict fasting, no drinking, no eating, nil by mouth</p>   

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