

BOWEL PREPARATION

For Colonoscopy

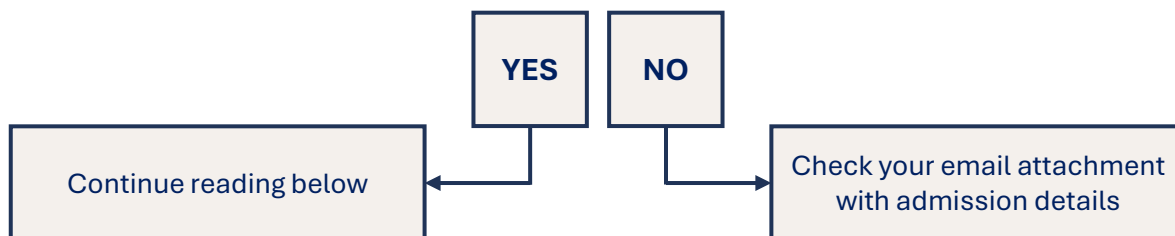
PREPKIT ORANGE



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?



7 DAYS BEFORE YOUR PROCEDURE

STOP taking weight loss medications including Ozempic, Mounjaro and Wegovy

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

You may have a white diet for breakfast, lunch and dinner. Have an early dinner, **cease eating by 6pm.**

THE WHITE DIET

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

6am – 6pm

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

After this time, **no solid food or milk, clear fluids ONLY.**

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

(see page 2)

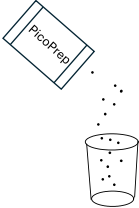
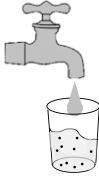

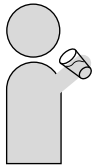
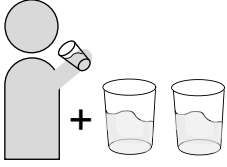
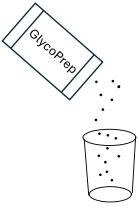
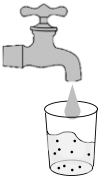


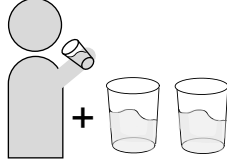
Is your admission time **after** 12pm?

(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

<p>6pm 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>4:00am</p>	 <p>Take any needed medication now</p>	 <p>Keep drinking clear fluids to stay hydrated</p>			
<p>4:30am 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>5am</p>	<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

8pm
Dose 1
PicoPrep



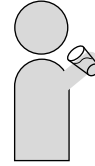
Pour into glass that can hold 200ml



Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins



+



Keep drinking clear fluids in the evening to stay hydrated

DAY OF PROCEDURE

7.30am
Dose 2
GlycoPrep



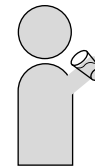
Pour into container that can hold 1L



Add 1L of water



Stir until dissolved (up to 8min)



Sip over 30 mins



+



Keep drinking clear fluids in the evening to stay hydrated

9:00am



Take any needed medication now



Keep drinking clear fluids to stay hydrated

9:30am
Dose 3
PicoPrep



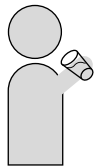
Pour into glass that can hold 200ml



Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins



+



Keep drinking clear fluids in the evening to stay hydrated

11 am

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



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Dark and murky →

Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!