

# EXTENDED BOWEL PREPARATION

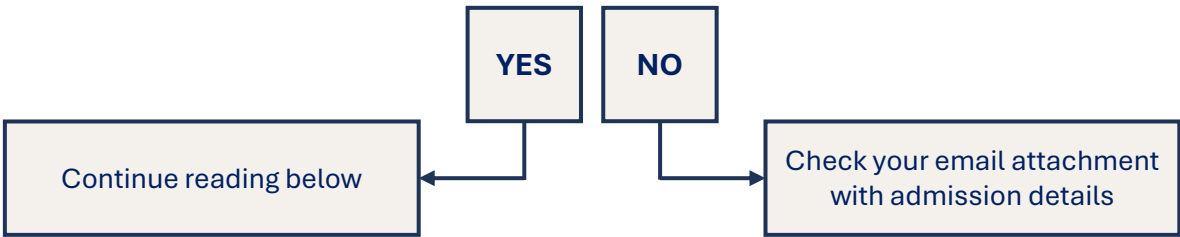
For Colonoscopy  
PREPKIT ORANGE



**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

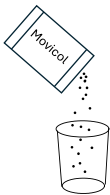
**START** increasing your fluids

**PURCHASE** PrepKit Orange and Movicol from the chemist.

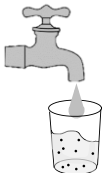
**CALL US** if you take **MEDICATIONS** for the below:  
Diabetes, blood thinning, weight loss, Parkinsons & Epilepsy related medications

## 2 DAYS BEFORE YOUR PROCEDURE

9am  
First  
Movicol  
sachet



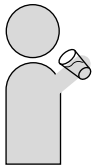
Pour into glass



Add 125ml of  
water

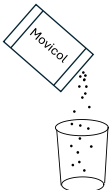


Stir until dissolved  
(up to 8min)

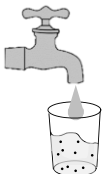


Drink Movicol

6pm  
Second  
Movicol  
sachet



Pour into glass



Add 125ml of  
water



Stir until dissolved  
(up to 8min)



Drink Movicol

# 2 DAYS BEFORE YOUR PROCEDURE

- ✓ You may have a white diet for breakfast, lunch and dinner.
- ✓ Have an early dinner, cease eating by **6pm**.
- ✓ After this time, no solid food or milk, **clear fluids ONLY**.

## THE WHITE DIET

6am – 6pm

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

| Food                                   |                                  | Drinks                                  |
|----------------------------------------|----------------------------------|-----------------------------------------|
| ✓ White bread/toast (nothing-fibre)    | ✓ Milk                           | ✓ Black coffee                          |
| ✓ Rice bubbles                         | ✓ White yoghurt (no added fruit) | ✓ Black tea                             |
| ✓ White rice                           | ✓ Mayonnaise                     | ✓ Clear soup (e.g. clear chicken broth) |
| ✓ Regular pasta                        | ✓ Cream                          | ✓ Water                                 |
| ✓ Potatoes (peeled and mashed only)    | ✓ Sour cream                     | ✓ Soda water                            |
| ✓ Rice noodles                         | ✓ Butter and margarine           | ✓ Mineral water                         |
| ✓ Rice crackers (plain)                | ✓ Cream cheese                   | ✓ Clear cordials                        |
| ✓ Pancakes                             | ✓ Cheddar                        | ✓ Sports drinks (not red/purple/blue)   |
| ✓ Crumpets                             | ✓ Ricotta                        | ✓ Hydralyte (not red/purple)            |
| ✓ Hashbrowns                           | ✓ Feta                           | ✓ Berocca (not red/purple)              |
| ✓ White flour                          | ✓ Cottage cheese                 | ✓ Apple juice (no pulp)                 |
| ✓ Cooking oil                          | ✓ Mozzarella                     | ✓ Lemonade                              |
| ✓ Chicken breast                       | ✓ Parmesan                       | ✓ Jelly                                 |
| ✓ White fish fillet (no skin)          | ✓ Sugar                          |                                         |
| ✓ Eggs                                 | ✓ White chocolate                |                                         |
| ✓ “Milk bottles” (white confectionary) | ✓ Vanilla ice cream              |                                         |
| ✓ Custard                              | ✓ Lemonade icy-pole              |                                         |

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

(see page 3)

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

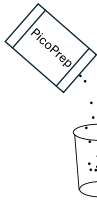
(see page 4)

# Preparation for admission **BEFORE 12pm**

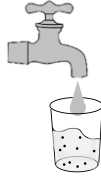
If your admission time is 12pm or after do NOT follow this. Go to page 4

## 1 DAY BEFORE YOUR PROCEDURE

4pm  
Dose 1  
PicoPrep



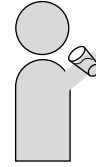
Pour into glass that can hold 200ml



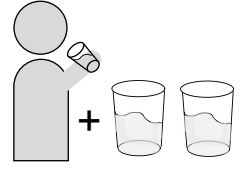
Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins

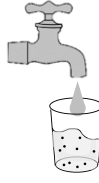


Keep drinking clear fluids in the evening to stay hydrated

6pm  
Dose 2  
GlycoPrep



Pour into container that can hold 1L



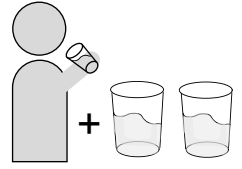
Add 1L of water



Stir until dissolved (up to 8min)



Sip over 30 mins

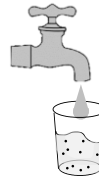


Keep drinking clear fluids in the evening to stay hydrated

8pm  
Dose 3  
PicoPrep



Pour into glass that can hold 200ml



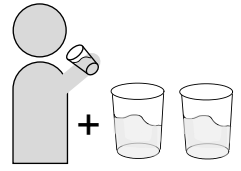
Add 200ml of water



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

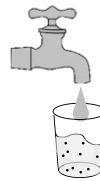


Keep drinking clear fluids to stay hydrated

4:30am  
Dose 4  
PicoPrep



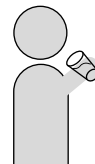
Pour into glass that can hold 200ml



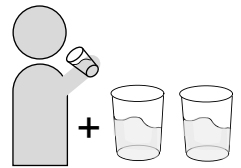
Add 200ml of water



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

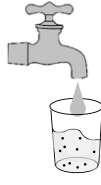
If your admission time is before 12pm do NOT follow this. Go to page 3

### 1 DAY BEFORE YOUR PROCEDURE

5pm  
Dose 1  
PicoPrep



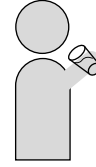
Pour into glass that  
can hold 200ml



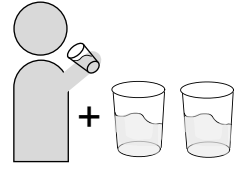
Add 200ml  
of water



Stir until dissolved  
(up to 8min)



Sip over 30  
mins

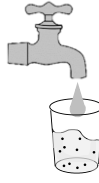


Keep drinking clear fluids in  
the evening to stay hydrated

8pm  
Dose 2  
GlycoPrep



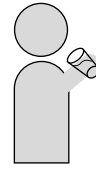
Pour into container  
that can hold 1L



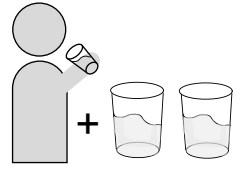
Add 1L of  
water



Stir until dissolved  
(up to 8min)



Sip over 30  
mins



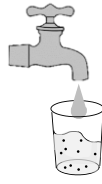
Keep drinking clear fluids in  
the evening to stay hydrated

### DAY OF PROCEDURE

8am  
Dose 3  
PicoPrep



Pour into glass that  
can hold 200ml



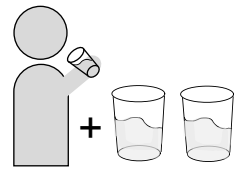
Add 200ml  
of water



Stir until dissolved  
(up to 8min)



Sip over 30  
mins



Keep drinking clear fluids in  
the evening to stay hydrated

9:00am



Take any needed medication now

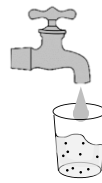


Keep drinking clear fluids to stay hydrated

9:30am  
Dose 4  
PicoPrep



Pour into glass that  
can hold 200ml



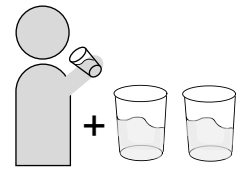
Add 200ml  
of water



Stir until dissolved  
(up to 8min)



Sip over 30  
mins



Keep drinking clear fluids in  
the evening to stay hydrated

11am

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!