

BOWEL PREPARATION

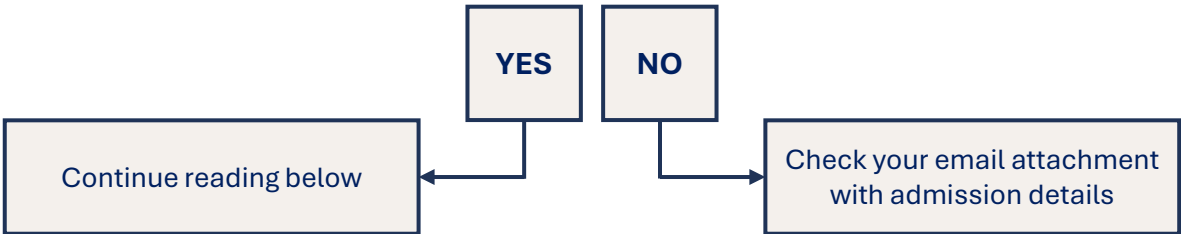
For Colonoscopy
PREPKIT ORANGE



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

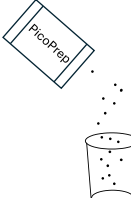
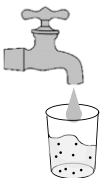
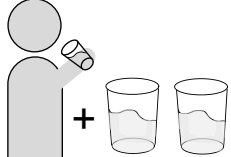
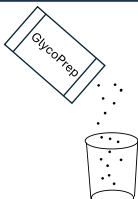
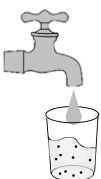
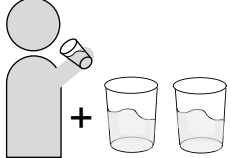
THE WHITE DIET		
You may ONLY eat from the permitted list below. NO other foods are allowed		
6am	Food	Drinks
	✓ White bread/toast (nothing-fibre) ✓ Rice bubbles ✓ White rice ✓ Regular pasta ✓ Potatoes (peeled and mashed only) ✓ Rice noodles ✓ Rice crackers (plain) ✓ Pancakes ✓ Crumpets ✓ Hashbrowns ✓ White flour ✓ Cooking oil ✓ Chicken breast ✓ White fish fillet (no skin) ✓ Eggs ✓ “Milk bottles” (white confectionary) ✓ Custard	✓ 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

Is your admission time **before** 12pm? (see page 2)
Is your admission time **after** 12pm? (see page 3)

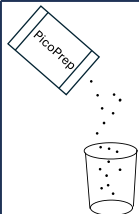
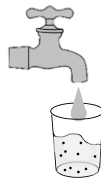
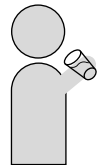
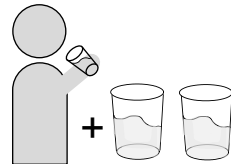
Preparation for admission BEFORE 12pm

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

1 DAY BEFORE YOUR PROCEDURE

continuing	✓ Continue with the white diet ✓ You may have breakfast and lunch (NO dinner)				
1.30pm	STOP eating – clear fluids only				
6pm 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

4:00am						
	Take any needed medication now		Keep drinking clear fluids to stay hydrated			
4:30am 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	
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 2

1 DAY BEFORE YOUR PROCEDURE

continuing

- ✓ Continue with the white diet.
- ✓ You may have breakfast and lunch (**NO dinner**)

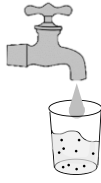
1.30pm

STOP eating – clear fluids only

8pm
Dose 1
PicoPrep



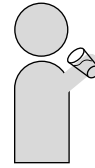
Pour into glass that can hold 200ml



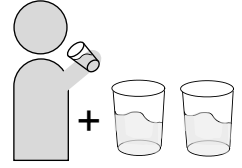
Add 200ml of water



Stir until dissolved (up to 8min)



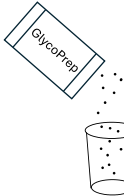
Sip over 30 mins



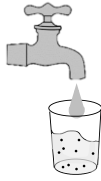
Keep drinking clear fluids in the evening to stay hydrated

DAY OF PROCEDURE

7:30am
Dose 2
GlycoPrep



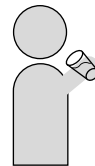
Pour into container that can hold 1L



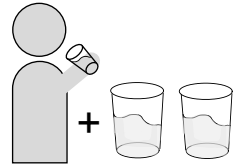
Add 1L of water



Stir until dissolved (up to 8min)



Sip over 30 mins



Keep drinking clear fluids in the morning to stay hydrated

9am



Take any needed medication now

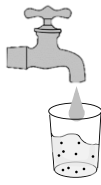


Keep drinking clear fluids to stay hydrated

9:30am
Dose 3
PicoPrep



Pour into glass that can hold 200ml



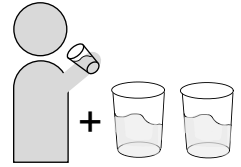
Add 200ml of water



Stir until dissolved (up to 8min)



Sip over 30 mins



Keep drinking clear fluids in the evening to stay hydrated

11am

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



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Brown and murky →

Dark orange →

Light orange →

Yellow and clear

NOT OK

NOT OK

NOT OK

ALMOST THERE

YOU'RE READY!