**MORNING PROCEDURE**

**PREPARATION FOR COLONOSCOPY**

**Patients with Gastric Lap Banding or Gastric Sleeve**

For a safe and accurate examination it is important that your colon is as clean as possible. Please read all the instructions carefully prior to your procedure.

You will need to purchase **3 SACHETS OF PICOPREP** from your pharmacy. No prescription is required.

**Follow the instructions below** as they may differ from the instructions that come in the bowel preparation provided by your Pharmacist.

**FIVE DAYS BEFORE YOUR COLONOSCOPY**

Avoid foods with whole grains, seeds, nuts or pips (ie grainy muesli, wholegrain/ multigrain bread, seeds and pips within fruit or vegetables). Continue avoiding these foods until after your procedure.

**TWO DAYS BEFORE YOUR COLONOSCOPY**

**Start the white diet**. Only eat foods from the white diet food list (see over).

**ONE DAY BEFORE YOUR COLONOSCOPY**

In the morning of the day prior to your colonoscopy these sachets should be mixed up separately (ie: into 3 separate containers), as follows:

* Mix 1 sachet of PICOPREP into 250mls warm water
* Mix 1 sachet of PICOPREP into 250mls warm water
* Mix 1 sachet of PICOPREP into 250mls warm water

Chill these in the fridge until required.

**On the day before your colonoscopy, you can have an early white diet breakfast. NO SOLID FOODS after 8am . Only APPROVED CLEAR FLUIDS and the bowel preparation are then allowed until complete fasting time (see below).**

1. At **3pm** -Drink your 1st glass of **PICOPREP**. Follow this by at least 4 glasses of clear fluids over the next two hours.
2. At **5pm** -Drink your 2nd glass of **PICOPREP**. Follow this by at least 4 glasses of clear fluids over the next two hours.
3. At **7pm** -Drink 3rd glass of **PICOPREP**. Follow this with 2 more glasses of ***water***.

**FAST COMPLETELY FROM \_8pm\_ - the day before your procedure.**

**WHITE DIET FOODS**

Milk, plain yoghurt, margarine/butter, vanilla ice cream/ lemon sorbet, white chocolate

Plain cream cheese, cottage cheese, ricotta cheese, tasty cheese, feta cheese   
Egg whites, mayonnaise, white sauce, cream, sour cream   
White rice/pasta/peeled potatoes, clear soup   
White bread/toast, plain rice crackers, rice bubbles   
Grilled white fish fillet, chicken breast (no skin)   
Any desired fluid

**APPROVED CLEAR FLUIDS**

Water, clear broth, clear fruit juice (eg apple and pear), plain jelly, black tea or coffee (no milk), sports drinks (Gatorade, Powerade, Hydralyte), carbonated drinks, barley sugar, clear fruit cordials. Moderate alcohol is allowed but can dehydrate. Avoid red and green food colouring.