**MORNING PROCEDURE**

**PREPARATION FOR COLONOSCOPY**

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 **PREPKIT ORANGE** (it contains 2 sachets of PICOPREP and 1 sachet of GLYCOPREP-O 70g) 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**

**Prepare the bowel preparation** in the morning of the day prior to your colonoscopy. The 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 GLYCOPREP-O 70g into 1 litre of 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 eat a **WHITE DIET** breakfast.   
No solid food is allowed after **11am**. Only **APPROVED CLEAR FLUIDS** and the bowel preparation are allowed until after your procedure.

1. At **5pm** - Drink 1 glass PICOPREP. Follow this by at least 4 glasses of clear fluids over the next two hours.
2. At **7pm** .- Start drinking the 1 litre of GLYCOPREP-O. Drink 1 glass every 15 minutes until finished. Slow down if you feel nauseous.
3. At **4am the morning of your procedure**.- Drink 1 glass of PICOPREP. Follow this with 4 more glasses of water.
4. You may drink water up until your fast time

**FAST COMPLETELY FROM** **6am on the day of 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 colourings.