

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 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, can eat a **WHITE DIET** breakfast and lunch. No solid food is allowed after **3pm**. Only **APPROVED CLEAR FLUIDS** and the bowel preparation are allowed until after your procedure.

1. At **6pm** - Drink 1 glass PICOPREP. Follow this by at least 4 glasses of clear fluids over the next two hours.
2. At **8pm** - Start drinking the 1 litre of GLYCOPREP-C. Drink 1 glass every 15 minutes until finished. Slow down if you feel nauseous.

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3. At **9am** - **the morning of your procedure** - Drink 1 glass of PICOPREP. Follow this with 4 more glasses of water.

4. You may drink water until your fast time

FAST COMPLETELY FROM 11am 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.

AFTERNOON 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 may eat a white diet breakfast and early lunch NO SOLID FOODS after 1pm. Only APPROVED CLEAR FLUIDS and the bowel preparation are allowed until complete fasting time (see below).

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

FAST COMPLETELY FROM 5.30am 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 & green food colours

AFTERNOON 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 **GLYCOPREP ORANGE** (210grams or 3 x 70g pkt) from your pharmacy. No prescription is required.

Follow the instructions below as they may differ from the instructions included 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 dissolve the 210 grams of GLYCOPREP-O in 3 litres of warm water and chill in the fridge until needed.

You may eat in moderate amounts of your **WHITE DIET** until **3pm**. Only **APPROVED CLEAR FLUIDS** and the bowel preparation are allowed until after your procedure.

1. At **6pm** – start drinking the first litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished.
2. At **8pm** – start drinking the second litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished.
3. At **9am the morning of procedure** -start drinking the third litre of **GLYCOPREP-O**. Drink 250mls every 15 minutes until finished. This can be followed by 250mls of **CLEAR** liquid every hour until complete fast time.

FAST COMPLETELY FROM 11am 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 this can dehydrate.
 Avoid red and green food colouring.

AFTERNOON PROCEDURE

PREPARATION FOR COLONOSCOPY FOR PATIENTS ON GLP-1 RECEPTOR AGONISTS

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, nuts, seeds 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, can eat a **WHITE DIET** breakfast and early lunch. No solid food is allowed after **12pm**. Only **APPROVED CLEAR FLUIDS** and the bowel preparation are allowed until after your procedure.

1. At **6pm** - Drink 1 glass PICOPREP. Follow this by at least 4 glasses of clear fluids over the next two hours.
2. At **8pm** - Start drinking the 1 litre of GLYCOPREP-C. Drink 1 glass every 15 minutes until finished. Slow down if you feel nauseous.

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3. At **9am** - **the morning of your procedure** - Drink 1 glass of PICOPREP. Follow this with 4 more glasses of water.

FAST COMPLETELY FROM 10am 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.