

Bowel Cleansing Preparation

Information for patients and carers



How to prepare for your procedure

Continue to take your regular medication **prescribed by your local doctor** up until the time of your procedure. If you are on Diabetic medication, Aspirin, Warfarin, or other blood thinners, Apixaban or Clopidogrel (also known as Iscover and Plavix), you will need to check with your doctor in advance regarding these medications.

10 days before your procedure

Stop taking medication as directed by your doctor. Stop taking Iron tablets.

5 days before your procedure

Eat a low-fibre diet.

AVOID any foods with seeds or grains such as whole grain bread, muesli, tomatoes, popcorn, passionfruit, porridge etc... These should be avoided for 5 days prior to the procedure.

Stop taking all anti-inflammatory medications such as Naprosyn, Indocid, Ibuprofen, Celebrex, voltarin.

2 days before your procedure

Eat only a diet of **white** food from the following approved food list

milk, white yoghurt (no seeds), mayonnaise, cream, sour cream, butter, margarine, oils, white flour, white sugar, white bread/toast, rice bubbles, eggs, white rice, white pasta, potatoes (peeled and mashed only), rice noodles, rice crackers, chicken breast, white fish (no skin), cheese, vanilla ice-cream, lemonade, white chocolate.

AVOID anything that is not on this list.

The day before your procedure

For the procedure to be successful, the large bowel must be adequately cleaned. To help clean the bowel;

- Eat a **light breakfast** of white foods only (refer to the above list of approved white foods).
- After a light breakfast, you must drink **clear fluids** only, until your procedure. It is important that you continue to drink plenty of clear fluids, as the bowel preparation isn't effective unless you stay well hydrated.
- You must drink three (3) sachets of Picoprep to cleanse the bowel, as per instructions on page 2.

This preparation is not suitable for some patients with heart or kidney problems or diabetes. Please discuss this with your doctor if this is applicable to you, before taking this preparation.

PICOPREP 3 (3 sachets) can be purchased over the counter at any chemist. No prescription required.

NHW Theatre Liaison Nurse will call you 2-3 days before the date of your surgery to advise you of the **time of admission (AM / PM)** and your **fasting instructions**.

Contact

If you have any concerns regarding this preparation, please contact **NHW Planned Surgery Unit**

Phone: (03) 5722 5197

Monday to Friday – 8.00am to 4.00pm (excludes public holidays).



How to take PicoPrep

My procedure is in the morning: admission **BEFORE** 11am

12 Midday - Day before Admission: Dissolve the contents of 1 sachet of PicoPrep in a glass of water and drink the contents followed by 2 glasses of water. Continue drinking clear fluids. Try to drink a minimum of 1-3 glasses of water an hour together with other approved clear fluids from the list below to prevent dehydration.

3 PM Repeat the process with the second sachet of PicoPrep and keep drinking clear fluids.

6 PM Repeat the process with the third sachet of PicoPrep and keep drinking clear fluids.

My procedure is in the afternoon: admission **AFTER** 11am

3 PM - Day before Admission: Dissolve the contents of 1 sachet of PicoPrep in a glass of water and drink the contents, followed by 2 glasses of water. Continue drinking clear fluids. Try to drink a minimum of 1-3 glasses of water an hour together with other approved clear fluids from the list below to prevent dehydration.

6 PM Repeat the process with the second sachet of PicoPrep and keep drinking clear fluids.

8 AM - Day of Surgery: Repeat the process with the third sachet of PicoPrep and keep drinking clear fluids.

***This preparation will cause multiple bowel movements;
it may work within 30 minutes, but usually 2-3 hours following each sachet.***

Approved clear fluids

Drink plenty of the following clear fluids during the entire day before your colonoscopy

- Water (lots of it)
- Black tea or coffee (sugar is ok, but no milk)
- Clear soup
- Dissolved stock cubes in water
- Lucosade or Staminade (yellow or orange only)
- Apple juice only (not orange juice)
- Ginger Beer or Dry Ginger Ale
- Soft drink (clear, yellow or orange only)
- Cordial (clear, yellow or orange only)
- Jelly (yellow or orange only)

DO NOT drink dark colour fluids such as, red, purple, black, green or blue.

On Day of Procedure, continue to drink up to **200ml of WATER** per hour up until your surgery.

Important information following your procedure

1. You **MUST** have someone to take you home from hospital and stay with you overnight
2. For the **24 hours** following your procedure you **MUST NOT**
 - Drive any form of motor vehicle
 - Operate any machinery, including power tools
 - Drink alcohol
 - Take any sedative unless prescribed by your doctor
 - Sign any legal documents as your judgement may be impaired
3. **Pain Management:** You may take mild analgesia such as Panadol (follow instructions on the box). Contact your surgeon or the hospital if you experience severe or unrelieved pain.