



## PicoPrep Preparation Instructions - Morning Procedure

You are booked in for a Colonoscopy.

Your procedure date is: \_\_\_/\_\_\_/\_\_\_ Time: 07.30am – 12.30pm

Mornington Endoscopy, Suite 1, 350 Main Street, Mornington, 5973 4444

Rosebud Endoscopy, 20 Boneo Road, Rosebud, 5986 4444

### Why is bowel preparation required?

Bowel preparation is a very important part of colonoscopic examination and you are required to take the preparation as instructed to clean your bowel prior to your procedure. This allows the doctor to examine the bowel and look for small polyps or lesions that can enlarge overtime if not detected early.

YOU WILL NEED TO PURCHASE FROM YOUR LOCAL PHARMACY – NO SCRIPT REQUIRED:

- **FOUR sachets of PicoPrep** - A box contains three sachets so you will need to purchase **TWO** boxes.
- **Hydralyte Effervescent Tablets Pk 20** - Clear, lemonade or orange flavours only.

*Please ensure you follow the instructions below and disregard the instructions in the insert included in the PicoPrep/Hydralyte box.*

### 3 days prior to your procedure

Please eat a white diet for breakfast, lunch and dinner including any snacks (refer to the permitted foods table in the 'white diet patient information sheet')

### 2 days prior to your procedure

Please eat a white diet for breakfast, lunch and dinner including any snacks (refer to the permitted foods table in the 'white diet patient information sheet')

### The day prior to your procedure

- Up until 9am - breakfast (white diet foods only)
- Up until 12pm - lunch (white diet foods only).
- From 12pm onwards – **no more food** – CLEAR FLUIDS ONLY (refer to the list of approved fluids in the 'white diet patient information sheet')
- At 2pm - **FIRST DOSE**: Add the entire contents of ONE sachet of PicoPrep to approx. 250ml of warm water and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. Drink 1/3 of the mixture then follow with a 250ml glass of water (adding half a tablet of hydralyte). Wait 30 mins then drink another 1/3 of the mixture and follow with a glass of water (adding half a tablet of hydralyte). Wait another 30 minutes then drink the remaining 1/3 and follow with a glass of water (adding half a tablet of hydralyte).
- At 4pm - **SECOND DOSE**: Repeat as above.
- At 6pm - **THIRD DOSE**: Repeat as above
- At 8pm - **FOURTH DOSE**: Repeat as above

In addition to the preparation please ensure you drink **Clear Fluids** from the approved clear fluids list.

### The day of your procedure

Have **NOTHING** to eat or drink – NO water or ANY fluids (including chewing gum) for a minimum of **FOUR HOURS** before your procedure time.

However, please take ALL of your normal medications with a small sip of water unless otherwise instructed by your GP or Gastroenterologist.

If at any stage you experience symptoms such as nausea or vomiting, stop taking the preparation for 30 to 60mins then recommence. If you are still feeling unwell, please contact our rooms on 03 5973 4444 and ask to speak to a nurse for further advice. If outside business hours, please contact Dr Dinh via SMS **only** on 04 2727 8989.

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- Headaches can be a common side effect of the preparation; please note you can take paracetamol with a small sip of water up to 3 hours prior to your procedure
- The preparation can cause dehydration, which in some instances can lead to dizziness and fainting. It is important you take precautionary measures when you stand up (particularly from a lying position eg. sit first to ensure you are not dizzy then stand slowly). If you normally use mobility aids such as a walker/stick please ensure you use them.
- Baby wipes (for example Curash Baby care simple water wipes) can be used in place of toilet paper can help decrease anal irritation caused by excessive wiping. Dabbing rather than wiping can also help reduce irritation to the area.

Please ensure you have someone who is able to drive you home and that you have someone to stay with you for 24 hours post procedure. Please note your procedure will be cancelled if you do not have an escort to drive you home or somebody to stay with you. Please ask your driver to enter the facility and wait with you until you are admitted by one of our team

We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping. You will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your card. (Please note there is a 1.2% surcharge if paying by credit card).

Please take the time to watch the video on our website about colonoscopies, this will provide you with a greater understanding of what will occur on the day. <https://www.gastromedicine.com.au/colonoscopy/>