

INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP

(Afternoon Procedure)

- Please follow instructions carefully. The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.
- Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
- PicoPrep produces watery stools up to the point where it will become colorless with no solid matter.
- It is advisable to remain near a toilet and **apply Vaseline to the anus before & after each stool.**

TWO days before the procedure: Date _____

Follow a soft, Fibre-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, clear soup, clear jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day BEFORE the procedure :

STEP 1 – Have a light lunch at 12h00 ie. Black tea / coffee with or without sugar, boiled / poached egg, white or brown bread or toast (not wholewheat) Thereafter drink only approved clear liquids. Drink only approved clear liquids and jelly for supper.

Approved clear fluids:

Water, black tea/coffee, apple juice, white grape juice, Bovril drinks, clear chicken broth, Energy drinks (Energade, Game), jelly (only green and yellow).
No solid foods, milk or dairy products (yogurt, custard, ice cream) allowed.
No gas cool drinks, red or purple drinks or red wine allowed.

STEP 2 - PREPARATION - 3 SACHETS PICOPREP

At 13h00: Drink a glass of water or clear fluids

At 14h00: Drink a glass of water or clear fluids

At 15h00: Drink a glass of water or clear fluids

At 16h00: Drink a glass of water or clear fluids

At 17h00: Dissolve the 1st sachet Picoprep in 250ml warm water.

Chill with ice cubes and drink followed by a glass of water

At 18h00: Drink a glass of water or clear fluids

At 19h00: Drink a glass of water or clear fluids

At 19h00: Mix the 2nd sachet Picoprep as before and drink followed by a glass of water

Keep drinking approved clear fluids until bedtime.

Morning of Procedure :

At 08h00: Take the 3rd sachet Picoprep followed by a glass of water

Small sips of water may be taken until 4 hours before the procedure.

SEDATION IS GIVEN SO SOMEBODY MUST DRIVE YOU HOME.