

## **INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP**

### **(Morning 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 which will become clear 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: \_\_\_\_\_**

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 – Breakfast at 8h00** – Black tea / coffee with or without sugar, boiled / poached egg

white or brown bread or toast(not wholewheat)

Thereafter drink only approved clear liquids .

**Lunch and Dinner** : Drink only approved clear liquids and jelly.

### ***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),***

***No gas cool drinks, red or purple drinks or red wine allowed.***

### **STEP 2 - PREPARATION - 3 SACHETS PICOPREP**

**Dissolve each sachet Picoprep in 250ml warm water to form a clear solution.**

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

**At 10h00:** Drink a glass of water or clear fluids

**At 11h00:** Drink a glass of water or clear fluids

**At 12h00:** Drink a glass of water or clear fluids

**At 13h00: Take the 1<sup>st</sup> sachet Picoprep followed by a glass of water**

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

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

**At 16h00: Take the 2<sup>nd</sup> sachet Picoprep followed by a glass of water**

**At 17h00** Drink a glass of water or clear fluids

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

**At 19h00 Take the 3<sup>rd</sup> sachet Picoprep followed by a glass of water**

**At 20h00** Drink a glass of water or clear fluids

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

**SEDATION IS GIVEN SO SOMEBODY MUST DRIVE YOU HOME**