

Extended Colonoscopy Preparation Instructions (PM appointments)

IMPORTANT INFORMATION

Colonoscopy allows the specialist to examine the lining of the lower gastrointestinal tract using a thin flexible tube, which contains a video camera and a light source. In order to ensure the procedure is successful, the colon must be completely empty. Inadequate cleaning of the bowel may result in the procedure having to be repeated. Please use Picoprep ORANGE 2 sachets and PREPKIT ORANGE to prepare the bowel for your colonoscopy. Please follow the instructions carefully.

Please note: The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours of the first dose, and you may also experience intermittent abdominal cramps. Please remain in easy reach of toilet facilities.

MEDICATIONS

If you are on:

- **Iron:** MUST Cease 5 days prior
- **Diabetic Medication:** you will need to seek advice from your GP regarding your medication during your colonoscopy preparation period.
- **Bleeding Thinning Medication (i.e. Warfarin, Iscovar, Plavix, etc):** May require stopping, follow instructions as per Specialist advice.
- **Weight Loss Injections (i.e. Ozempic, Mounjaro, Wegovy, Trulicity, etc):** STOP taking your weight loss injections 3 weeks prior to procedure date.

Taking other medications?

If you are unsure about whether you can continue to take any other medications, please call the Hospital, or speak to your GP.

WHAT YOU NEED

1 Picoprep ORANGE 2 sachets and 1 PREPKIT ORANGE (kit contains 2 PICOPREP sachets and 1 GLYCO- PREP ORANGE sachet). You can purchase these from your pharmacy.

WHAT DO I NEED TO DO?

You should not eat foods containing:

Pips, Seeds or whole Grains for 7 days before your procedure.

DAY BEFORE THE PROCEDURE

At mealtimes **drink clear fluids only** (inc: black coffee & tea; clear fruit juice; clear soup and water).

You are not to eat any solid foods or milk or milk products.

Dissolve 1 sachet Glycoprep in one litre of water and place it in the fridge (it tastes better cold)

11 AM mix 1 sachet of Picoprep in a glass of water – drink it and then drink another 2 glasses of water

2PM mix 1 sachet of Picoprep in a glass of water – drink it and then drink another 2 glasses of water

5PM mix 1 sachet of Picoprep in 2 glasses of water – drink it and then drink another 2 glasses of water

8PM over the next 1 & 1/2 hours drink the chilled Glycoprep from your fridge – drink slowly

DAY OF THE PROCEDURE

7AM mix 1 sachet of Picoprep in a glass of water – drink it and then drink another 2 glasses of water

Take medications as prescribed (except for Diabetic medications) with a very small sip of water

Other than your medications you must **NOT** eat anything on the day of your procedure. You may drink plain water until 4 hours before the procedure. You must stop drinking completely 4 HOURS before the test.

You must have a suitable adult escort you home BEFORE 5PM and they need to stay with you for at least 24 hours. Travelling alone by taxi is not acceptable. **Your procedure may be cancelled if you have not organised for someone to escort you home safely.** On the day of your procedure, you are required to arrive 30 minutes prior to your procedure time.

Please bring: ○ Referral from your GP; ○ Medicare Card; ○ Private Health Insurance details; ○ Patient Admission Form