

## BOWEL PREPARATION PRIOR TO COLONOSCOPY

Please obtain **Prepkit-Orange + one sachet of Glycoprep-C 70g** from your pharmacy. This is an over-the-counter medication and you do not require a prescription.



Please follow these instructions, not the instructions on the box/packet.

**WHITE DIET:** The white diet is a very low residue diet that allows patients to eat solid foods on the day prior to colonoscopy. Please adhere to the diet strictly for breakfast and lunch the day prior to your colonoscopy.

### FOODS ALLOWED:

- Water, mineral water, lemonade, soda water, clear soup, tea, coffee
- Egg whites, cheese, butter, mayonnaise, cream, white sauce, cheese spread, sour cream
- White rice, white pasta, peeled potatoes, rice bubbles, white bread, plain rice crackers
- Skinless chicken breast, white fish

### FOODS TO BE EXCLUDED:

- Other white foods including pears, parsnip, cauliflower, onion, high fibre white breads, tofu, coconut, porridge, banana, mushrooms, chewing gum, semolina, couscous, popcorn
- Alcohol

You also must not consume legumes, grains, pips, seeds, e.g., sesame and poppy seeds, nuts and wholegrain bread for five days prior to your colonoscopy.

### APPROVED CLEAR FLUIDS:

- Water, clear fruit juices (apple/pear), black tea or coffee (no milk/soy), Lucozade, Bonox, clear broth, clear bouillon, lemonade, plain jelly (lemon, lime, orange, mango), clear fruit cordials

Please avoid any fluids with red or purple food colorings. Drink liberal amounts of clear liquid before, during and after taking the preparation.

**MEDICATIONS:** Please cease any iron supplements and antidiarrheal drugs five days prior to your procedure. You should continue with other regular medication.

**BLOOD THINNERS:** If you are on blood thinners, please discuss with the practice nurse ([nurse.egs@gmail.com](mailto:nurse.egs@gmail.com)) or your gastroenterologist whether this should be ceased prior to your procedure. If you are on aspirin, you should continue with this medication.

**DIABETES:** If you are on any medication for diabetes, please discuss management of your diabetes with your gastroenterologist or practice nurse ([nurse.egs@gmail.com](mailto:nurse.egs@gmail.com))

## STEP BY STEP PROCESS

## TICK WHEN COMPLETED

FIVE DAYS PRIOR	Avoid all foods containing seeds, e.g., sesame and poppy seeds, nuts, wholegrain bread, legumes, grains or pips. Please cease any iron supplements and antidiarrheals from today.	
IN THE MORNING, ONE DAY PRIOR	Please prepare two separate Glycoprep-C 70g solutions. Dissolve the contents in of the two 70g sachets, each in a separate litre of water and chill in the refrigerator until required to drink at 6:00 pm. You may have breakfast and lunch as long as you are following the white diet, then should stop all foods after lunch. You may continue to have approved clear fluids.	
FIRST DOSE: 6:00 PM DAY PRIOR	Add the entire contents of <b>first sachet of Picoprep</b> to a glass (approximately 250mL) of warm water and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. Once complete, drink 1 litre of clear fluid over the next half an hour to hour.	
SECOND DOSE: 8:00 PM DAY PRIOR	Commence drinking the <b>first Glycoprep-C</b> solution which was previously prepared. Drink approximately 1 to 2 glasses every 15 – 20 minutes until completed. Drink the mixture slowly but completely. If you become nauseated, reduce the rate of intake.	
THIRD DOSE: 9:00 PM DAY PRIOR	Add the entire contents of the <b>second sachet of Picoprep</b> to a glass (approximately 250mL) of warm water and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. Once complete, drink 1 litre of clear fluid over the next half an hour to hour.	
FOURTH DOSE: Commence 3 HOURS BEFORE admission and must be completed 2 HOURS BEFORE ADMISSION	Commence drinking the <b>second Glycoprep-C</b> solution which was previously prepared. Drink approximately 1 to 2 glasses every 15 – 20 minutes until completed. Drink mixture slowly but completely. If you become nauseated, reduce the rate of intake. Do not consume anything further by mouth, other than your usual medications which can be taken with a sip of water.	
DAY OF PROCEDURE	Today is your procedure. A reminder to consume no food, only clear fluids. <b>Please cease all fluids two hours prior to your admission time</b> , other than your usual medications which can be taken with a sip of water. (apart from any diabetes or blood thinners you were asked to withhold)	