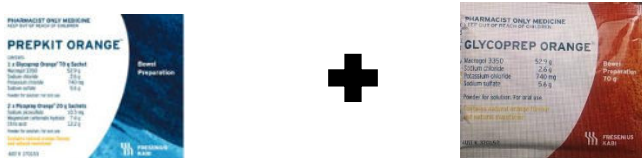


BOWEL PREPARATION PRIOR TO COLONOSCOPY

Please obtain **Prepkit-Orange** (which contains three sachets of two Picoprep & One Glycoprep) + **one sachet of Glycoprep-Orange** 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.

Instructions for preparing and drinking the preparation:

FIRST DOSE: 6:00 PM DAY PRIOR	Add the entire contents of first sachet of Picoprep 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 first Glycoprep-C solution which was previously prepared (please see useful tips below). 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 second sachet of Picoprep 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 second Glycoprep-C solution which was previously prepared (please see useful tips below). 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.

Some useful tips:

- ✓ Please prepare two separate Glycoprep-C 70g solutions. Dissolve the contents in the two 70g sachets, each in a separate litre of water and chill in the refrigerator until required to drink at 8:00 pm.
- ✓ Sip preparation slowly and you may find using a straw easier to drink the solution
- ✓ Continue to sip on clear fluids between doses to remain hydrated
- ✓ If you experience any inflammation, discomfort or tenderness while passing your stools, we recommend using a barrier cream (i.e. Sudocream) to sooth irritation.

MEDICATIONS:

We ask you cease any iron supplements and anti-diarrheal medication **FIVE DAYS** prior to your procedure. If you are a **DIABETIC** or on **BLOOD THINNING MEDICATION** (Aspirin is ok to continue), please let our staff know and we will organise a phone consultation with our Practice Nurse to discuss your medication requirements. Please note, if you are on **OZEMPIC** or **MOUNJARO** medication, you must keep on a liquid diet 24hrs prior to your procedure.