

ADRIAN POLGLASE
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INSTRUCTION SHEET FOR COLONOSCOPY – PREPKIT - C

THE KIT CONTAINS: 1 x GlycoPrep-C 70g sachet and 2 x Picoprep 15.5g sachets

Please note this kit can be obtained from your local pharmacy or at the Cabrini Hospital Pharmacy and does not need a prescription. Please follow these instructions only, not the instructions on the box.

Individual responses to laxatives do vary. It usually induces frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

The success of your examination depends on the bowel being as clear as possible, otherwise the colonoscopy may need to be postponed and the preparation repeated.

APPROVED CLEAR LIQUIDS

Water	Sports drinks (not red or purple)
Clear fruit juices and cordials (not red or purple)	Clear salty fluids (strained chicken soup)
Clear broth/bouillon	Plain jelly (not red or purple)
Tea or coffee (small amount of milk allowed)	Lucozade, Bonox

TWO DAYS PRIOR TO COLONOSCOPY

FOODS ALLOWED TO BE EATEN:

White bread, toast, margarine, butter, honey, chicken, white fish, eggs, milk, cottage cheese, plain yoghurt, well cooked peeled pumpkin or potato.

Plentiful 'Approved clear liquids' as listed above.

FOODS NOT ALLOWED TO BE EATEN:

Brown bread, cereals, meat, fruit and vegetables, any foods with seeds, nuts.

ONE DAY PRIOR TO COLONOSCOPY

BREAKFAST: You may have breakfast according to the diet above then nothing to eat thereafter.

AFTER BREAKFAST AND DURING THE DAY:

"Approved Clear Liquids" only till 4.00pm. No solid food or milk products allowed (other than a small amount in tea or coffee). It is important to drink as much clear fluid as can be tolerated.

4.00pm First Dose

Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx. 250ml) and stir until dissolved. Chill for half an hour before drinking, if preferred. Drink mixture slowly but completely.

This should be followed by adequate glasses of Approved Clear Liquids (at least a glass per hour), in order to retain hydration throughout your body.

5.00pm Second Dose

Dilute entire pack of Glycoprep-C 70g in a litre of warm water and stir until dissolved. This can be made up in the morning and placed in the refrigerator to chill. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approx. ¾ hour. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

6.00pm Third Dose

Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx. 250ml) and stir until dissolved. Chill for half an hour in the refrigerator if preferred. Drink mixture slowly but completely.

This should be followed by adequate glasses of Approved Clear Liquids (at least a glass per hour) in order to retain hydration throughout your body.

DAY OF COLONOSCOPY

From midnight last night, **nothing** to eat or drink (fast) until after the procedure. Arrive at the hospital at the scheduled admission time.