

COLONOSCOPY PREPARATION – MORNING EXAMINATION (Long Distance)

INSTRUCTIONS FOR THE USE OF PICOPREP/PICOLAX – (MR D LLOYD)

(Buy from chemist – no prescription needed)

You must arrange for someone to take you home afterwards as you will NOT be allowed to drive because of sedatives:

3-4 Days before the colonoscopy STOP eating foods containing small seeds i.e. multigrain bread.

THE DAY BEFORE THE COLONOSCOPY:

- Breakfast:** Clear fluids only (NO RED COLOURING)
Jelly (NOT RED)
Water based cordial or soft drink (NOT RED)
Black Tea/Coffee (NO MILK)
Clear, fat free broth
Clear juice (NO PULP)
Continue to drink clear fluids throughout the day.
- 10.00am** PicoPrep/Picolax - 1 sachet in a glass of water (chill prior if preferred)
Drink one glass of water or clear fruit juice.
- Lunch:** Clear fluids only (NO RED COLOURING)
Jelly (NOT RED)
Water based cordial or soft drink (NOT RED)
Black Tea/Coffee (NO MILK)
Clear, fat free broth
Clear juice (NO PULP)
Continue to drink clear fluids throughout the day.
- 2.00pm** PicoPrep/Picolax - 1 sachet in a glass of water (chill prior if preferred)
Drink one glass of water or clear fruit juice.
- Dinner :** FOLLOW SAME INSTRUCTIONS AS LUNCH
- 7.00pm** PicoPrep/Picolax - 1 sachet in a glass of water (chill prior if preferred)
Drink one glass of water or clear fruit juice.
- Bedtime:** Drink at least 3 glasses of clear liquid before retiring.

THE DAY OF THE COLONOSCOPY:

You may drink clear fluids up until 6.00am, then CEASE NOURISHMENT. Nothing further to eat or drink until after the colonoscopy.

NO BREAKFAST

All medication may be taken except for diabetic medications which will need to be discussed with your Doctor.

Blood thinners - Warfarin, Clopidogrel and Dabigatran should be ceased 5-7 days before the procedure on discussion with your Doctor. Aspirin can continue to be taken.