

COLONOSCOPY PREPARATION – MORNING EXAMINATION

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: Have light breakfast before 8.00am Tea/Toast (white bread), can have scrambled eggs/omelette

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.

4.00pm PicoPrep/Picolax - 1 sachet in a glass of water (chill prior if preferred)
Drink one glass of water or clear fruit juice.

Dinner: FOLLOW LUNCH INSTRUCTIONS

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:

5.00 am PicoPrep/Picolax - 1 sachet in a glass of water (chill prior to use if preferred)
Drink one glass of water or clear fruit juice.

CEASE NOURISHMENT – nothing further to eat until after the colonoscopy

NO BREAKFAST – you may drink clear fluids up until two hours prior to admission/procedure

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

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