

## Bowel preparation instructions for Colonoscopy – PrepKit-Orange

**You will need to purchase the following kit from your local pharmacy: PrepKit Orange (1x 70g sachet of GlycoPrep plus 2x sachets of PicoPrep).**

Please note these medications can be purchased separately and not necessarily in the kit form. You must sign and date the provided consent form prior to commencing your bowel preparation. ***Please follow these instructions and not the ones on the packaging.***

### **ON THE DAY BEFORE YOUR PROCEDURE:**

- **8:00am – You may have a Light Breakfast** e.g., Cereal (Rice Bubbles or Cornflakes with moderate amount of milk, no muesli, no seeds) or Toast (White Bread, no seeds, with Butter, Margarine, Honey, seedless Jam, Vegemite) and a cup of Tea.
- **12:00noon – You may have a Light Lunch** e.g. Soup (Clear or Pureed, avoid soups with solid pieces of vegetable or meat, Chicken Breast is ok) or Sandwich (White Bread, no seeds. Butter, Margarine, Chicken Breast, Cheese, Vegemite).
- **1:00pm - NO SOLID FOOD AFTER 1:00pm.** You can continue to drink APPROVED CLEAR LIQUIDS until 6 hours before your appointment, then you must only drink water. Stop drinking 3 hours prior to your appointment.
- Please follow the Session for your appointment as below.

Note: If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake, using a straw may help or you could Chill the mixture for ½ hour before drinking if preferred.

For Appointment booked at the following times:		PicoPrep 1 <sup>st</sup> Sachet	GlycoPrep	PicoPrep 2nd Sachet
7:00am - 9:30am	<b>Session 1</b>	3.00pm	6.00pm	9.00pm
9:45am - 12:15pm	<b>Session 2</b>	6.00pm	9.00pm	5.00am morning of appointment
12:30pm - 4:00pm	<b>Session 3</b>	8.00pm	6.00am morning of appointment.	9.00am morning of appointment.
	<b>Instructions</b>	Add the entire contents of one sachet in a glass of warm water and stir until dissolved. Drink mixture slowly but completely. <b><u>Follow this with 200mls of water. Continue drinking approved clear liquids.</u></b>	Make up the sachet with one litre of water. You should try to drink a glass of the preparation every 15 minutes. Total intake time should take approximately one hour. <b><u>Continue drinking approved clear liquids.</u></b>	Add the entire contents of one sachet in a glass of warm water and stir until dissolved. Drink mixture slowly but completely. <b><u>Follow this with 200mls of water.</u></b> You must stop drinking 3 hours before your appointment.

### **Approved clear liquids**

Water	Clear Broth	Soft drinks (not red or purple)	Boiled lollies (not red or purple)	Clear Apple or Pear Juice
Black tea	Black coffee	Fruit cordial (not red or purple)	Plain jelly (not red or purple, no fruit pieces)	Bonox