



## Colonoscopy Instructions – Extended prep - Morning

### Extended prep includes 3 sachets of Glycoprep-C and 2 sachets of PicoPrep

- Please read and follow the instructions on this sheet rather than those on the bowel prep box/sachet.
- The success of your colonoscopy is highly dependent on your bowel being clear of all waste. A poor preparation can result in important findings being missed or the procedure needing to be repeated
- As outlined below your preparation for colonoscopy involves (i) dietary changes and (ii) bowel preparation medication.

### TWO DAYS BEFORE YOUR PROCEDURE

- Stop any iron supplements
- Stop eating seeds, grains, pips, fruit with skin
- **At 5pm (PicoPrep)** – Add the entire contents of ONE sachet of PicoPrep to a glass of warm water (250ml). This can be chilled before drinking. Drink slowly but completely. This should be followed by another 1-2 glasses of clear liquids.
- **At 6pm (Glycoprep-C)** – Add the entire contents of ONE sachet of Glycoprep-C sachet to 1 litre of warm water. This can be chilled prior to drinking. Drink the entire litre over the next 1-2 hours (approximately 1 glass every 15-30 minutes).

### THE DAY BEFORE YOUR PROCEDURE

**(i) Diet** - You are allowed to eat a light breakfast and lunch with the following foods **only**:

White bread with butter/honey	White rice	Custard / clear jelly
'Rice Bubbles' cereal	Chicken and white fish (both skinless)	Plain rice crackers
Eggs, Milk, Cheese	Peeled and cooked potato/pumpkin	Tofu/bean curd
White-coloured yoghurt	Tuna	Vanilla icecream

- After lunch you should have NO SOLID FOODS and only APPROVED clear liquids until you begin fasting. APPROVED clear liquids include: water, clear broth, clear cordials, clear apple juice, lemonade, soda water, sports drinks and black tea/coffee.

### **(ii) Bowel Preparation Medication**

- **At 5pm (PicoPrep)** – Add the entire contents of ONE sachet of PicoPrep to a glass of warm water (250ml). This can be chilled before drinking. Drink slowly but completely. This should be followed by another 1-2 glasses of APPROVED clear liquids.
- **At 6pm (Glycoprep-C)** – Add the entire contents of the Glycoprep-C sachet to 1 litre of warm water. This can be chilled prior to drinking. Drink the entire litre over the next 1-2 hours (approximately 1 glass every 15-30 minutes). Slow down the rate if you feel nauseated.

### ON THE DAY of your procedure

- **At 5am (PicoPrep)** - Add the entire contents of the SECOND sachet of PicoPrep to a glass of warm water (250ml). This can be chilled before drinking. Drink slowly but completely. This should be followed by another 1-2 glasses of water or APPROVED clear liquids to avoid dehydration.
- **Fast (nothing to eat or drink, no chewing gum/mints) from 6am.**

CAUTION: Bowel preparation can interfere with the oral contraceptive pill. Please discuss with your doctor if you have any concerns.