



EASTERN SUBURBS SURGICAL SPECIALISTS

DR ROBERT GANDY
(MB CHB, MRCS, MS, FRACS)
Upper GI, Bariatric, HPB and
General Surgeon

Morning Colonoscopy

Prior to the procedure, you will need to purchase Prepkit-C from your local pharmacy, unless otherwise instructed. Prepkit-C includes 1 sachet of Glycoprep and 2 Sachets of Picoprep. The colonoscopy prep tastes bad, cooling it in the fridge will make it more palatable. The aim of the prep is to produce water diarrhoea.

Preparation instructions for morning Colonoscopy

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated. PLEASE FOLLOW THESE INSTRUCTIONS ONLY – IGNORE THE INSTRUCTIONS ON THE KIT.

Two Days Before the Examination

- Stop eating meat, brown bread, cereals, fruit, or vegetables. Do not eat foods containing seeds.
- You may eat eggs, cottage cheese, plain yoghurt, white bread, white fish, chicken well cooked and peeled pumpkin or potato. You may have clear jelly, milk, and drink plenty of approved clear liquids.
- Approved clear liquids include water, clear broth/bouillon, clear fruit juice, plain jelly (not purple/red), black tea or coffee, sports drinks (not purple/red), clear fruit cordials (not purple/red), clear salty fluids (chicken soup), Lucozade.

One Day Before the Examination

- You may have breakfast in accordance with the diet and approved clear fluids as needed throughout the day (no milk products after breakfast)

- Prior to commencing PREPKIT-C add entire contents of ONE sachet of PICOPREP in a glass of warm water (approx. 250ml) and stir until dissolved. Place in refrigerator to chill. Do the same for the second sachet of PICOPREP.
- Dilute entire pack of GLYCOPREP 70g in a litre of warm water and stir until dissolved. This can be made up in the morning or earlier in the afternoon and also placed in the refrigerator to be chilled.
- First dose – 4pm – Drink one glass of PICOPREP mixture slowly but completely. This should be followed by at least two glasses of water or approved clear liquids over the next hour
- Second Dose – 5pm – You should drink a glass of GLYCOPREP every 15 minutes. Total intake time should take 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. A Drinking straw can be helpful.
- Third Dose – 6pm – Drink the second glass of PICOPREP. This should be followed by at least two glasses of water or approved clear liquids over the next hour.

Day of Examination

- Colonoscopy Only – Continue approved clear fluids (no more than 200ml p/hour, no milk, soup, jellies) until 5pm on the day of your procedure. Arrive at the hospital at the scheduled admission time.
- Colonoscopy & Gastroscopy – As above, but do not eat or drink anything for 6 hours prior to the scheduled admission time.

After the Procedure

You will be able to eat and drink 30 mins after your procedure and will be discharged after 1.5 hours. You will not be able to drive and will need to be collected by a friend or relative.

Should you have any questions contact Dr Gandy's office to confirm instructions on 02 8599 4360