

## **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 it makes it more palatable. The aim of the prep is to produce watery 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 PREPKIT- C  
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. Some suggested recipes are included in this Fact Sheet.

- Approved clear liquids are: water, clear broth/bouillon, clear fruit juices, plain jelly (not red or purple). Black tea or coffee, sports drinks (not red or purple), clear fruit cordials (not red or purple), clear salty fluids (chicken soup), Lucozade.

### **One day before the examination**

- You may have breakfast in accordance with the aforementioned diet and approved clear liquids 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. The second sachet of PICOPREP can then be added to a glass of warm water

(approx 250ml) and stirred until dissolved, and placed in refrigerator to chill.

- Dilute entire pack of GLYCOPREP-C 70g in a litre of warm water and stir until dissolved. This can be made up in the morning or earlier in afternoon and also placed in the refrigerator to chill.

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 the 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 often be helpful.

Third dose – 6pm You should now 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

You may continue approved clear liquids (no more than 200ml per hour, no milk, soups or jellies) until 5am on the day of your procedure.

Arrive at the hospital at the scheduled admission time.

Colonoscopy and Gastroscopy (endoscopy via mouth)

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 to 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.