

COLONOSCOPY INSTRUCTIONS – Double Bowel Preparation

Your doctor has asked you to have double bowel preparation to ensure optimal views at colonoscopy

Bowel Preparation Kit

You will need to obtain: 1. THREE sachets of **Picoprep**
2. ONE box of **PrepKit C** (2 sachets of Picoprep and once sachet of Glycoprep C)

This is available to purchase at St Albans Endoscopy or at your local pharmacy without a prescription

Each sachet of Picoprep should be dissolved in a glass of warm water (approximately 250mL).

The sachet of Glycoprep C should be dissolved in 1L of warm water. This can be chilled beforehand if preferred.

FOR ALL PATIENTS

TWO days BEFORE the Colonoscopy

Step 1: Diet	Normal diet, but avoid foods with nuts and seeds
Step 2: 4pm	One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS
Step 2: 6pm	One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS
Step 2: 8pm	One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS

FOR A MORNING COLONOSCOPY

Day BEFORE the Colonoscopy

Step 1: Diet Only **CLEAR FLUIDS** are allowed. This includes water, coffee or tea (without milk), clear fluid juice (no pulp), clear soups (eg. Clear chicken broth), cordial or sports drinks (avoid red/purple colourings), Lucozade.

It is important that you drink lots of fluids to optimise the views at colonoscopy

STEP 2: 4pm One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS

STEP 3: 6pm Drink Glycoprep C, a glass every 15 minutes to finish the 1L in 1-1.5 hours. If nauseated, slow the rate of intake

STEP 4: 8pm One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS

Day OF the Colonoscopy

STEP 5: Remain fasting (no food) and stop all fluids from midnight. Regular medications (except diabetic medications) with a sip of water is OK

Arrive at the scheduled time. Please note that this is not the exact time of the endoscopic procedure

FOR AN AFTERNOON COLONOSCOPY (after 1:30pm)

Day BEFORE the Colonoscopy

Step 1: Diet You may have a light low fibre breakfast (eg white toast), but NOTHING to eat thereafter. Only **CLEAR FLUIDS** are allowed at breakfast. This includes water, coffee or tea (without milk), clear fluid juice (no pulp), clear soups (eg. Clear chicken broth), cordial or sports drinks (avoid red/purple colourings), Lucozade.

It is important that you drink lots of fluids to optimise the views at colonoscopy

STEP 2: 6pm One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS

STEP 3: 8pm Drink Glycoprep C, a glass every 15 minutes to finish the 1L in 1-1.5 hours. If nauseated, slow the rate of intake

Day OF the Colonoscopy

STEP 4: 9am One Picoprep (see instructions above) followed with two glasses of CLEAR FLUIDS

STEP 5: Take regular medications (except diabetic medications) with a sip of water. Remain fasting (no food) and no fluids for 4 hours prior to admission time.

Arrive at the scheduled time. Please note that this is not the exact time of the endoscopic procedure

AFTER THE PROCEDURE

Because of the sedative injection you will be given for the procedure:

- You are not allowed to drive or operate machinery until the following day (ideally 24 hours)
- You should arrange return transport and ensure that a responsible adult stay with you overnight
- It is recommended that you do not sign any legal documents until the following day