



## PICOPREP – MORNING PROCEDURE

Please buy from the chemist THREE sachets of “PicoPrep” 15.5g. Carefully follow the instructions below on how to mix these solutions and when to take them.

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.

### THREE DAYS PRIOR TO THE PROCEDURE

Please avoid the following

- \* Brown bread
- \* High fibre
- \* Vegetables
- \* Fruit
- \* Any food containing nuts or cheese

PLEASE DRINK AT LEAST 12 GLASSES OF WATER OR APPLE JUICE EACH DAY

### Please choose from the following menu

#### BREAKFAST

- \* Clear fruit juice (apple or pear)
- \* Cornflakes or rice bubbles with milk
- \* Eggs
- \* White bread or toast with butter, margarine, honey or vegemite

#### LUNCH

- \* Clear fruit juice (apple or pear)
- \* Clear chicken soup
- \* White bread sandwich with any of these fillings – chicken, beef, fish, egg
- \* Stewed or tinned fruit without skin
- \* Tea and coffee (milk and sugar allowed)

#### DINNER

- \* Clear fruit juice (apple or pear), ginger ale, tea, coffee
- \* Steamed or grill lean meat: chicken, fish, lamb or beef
- \* Mashed or boiled peeled potatoes, peeled pumpkin, peeled choko
- \* White rice or plain noodles or white pasta
- \* Stewed or tinned fruit (without skins) with ice cream

#### SNACKS

- \* Tea, coffee, apple or pear juice, lemonade
- \* Plain biscuit (eg Jatz, milk arrowroot, Sao), plain sponge cake, crumpet, yoghurt, custards or plain jelly

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## ONE DAY PRIOR TO THE PROCEDURE

**CLEAR FLUIDS ONLY ALL DAY. NO SOLID FOODS, MILK PRODUCTS OR ALCOHOL ARE ALLOWED.**

### Approved Clear Fluids

- \* Water
- \* Apple or pear juice
- \* Plain jelly (light colours)
- \* Bonox
- \* Black tea or coffee
- \* Lucozade
- \* Gatorade
- \* Staminade
- \* Carbonated drinks
- \* Barley sugar drink
- \* Clear broth
- \* Lime or lemon cordial

Do not eat jelly or drink fluids with red, green or purple colouring. Drink at least 3 litres of approved fluids PLUS the preparation liquids below.

### **4.00 pm FIRST DOSE OF PREPARATION**

Add the contents of one sachet of Picoprep to one glass (250ml) warm water and stir until dissolved. Chill for 30 minutes before drinking if you prefer. This should be followed by a drink from any of the approved clear fluids (above).

### **6.00 pm SECOND DOSE OF PREPARATION**

Add the contents of one sachet of Picoprep to one glass (250ml) warm water and stir until dissolved. Chill for 30 minutes before drinking if you prefer. This should be followed by a drink from any of the approved clear fluids (above).

### **8.00 pm THIRD DOSE OF PREPARATION**

Add the contents of one sachet of Picoprep to one glass (250ml) warm water and stir until dissolved. Chill for 30 minutes before drinking if you prefer. This should be followed by a drink from any of the approved clear fluids (above).

After a short time the preparations will cause multiple bowel movements, resulting in diarrhoea and watery stools. **DO NOT LIE DOWN** for a least 2 hours after drinking the mixture as walking around will improve it's effectiveness in clearing the large intestine. From the time you start at the preparations at 4.00 pm do not leave the house and stay close to the bathroom.

**IT IS IMPORTANT TO KEEP DRINKING THE APPROVED CLEAR FLUIDS UNTIL THE FASTING TIME. THE REQUIRED FASTING TIME IS 6 HOURS PRIOR TO YOUR PROCEDURE. FASTING MEANS NOTHING TO EAT, DRINK, SUCK OR CHEW.**

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