

INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP

(Morning Procedure)

- Please follow instructions carefully. 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.
- Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
- PicoPrep produces watery stools which will become clear with no solid matter.
- It is advisable to remain near a toilet and **apply Vaseline to the anus before & after each stool.**

TWO days before the procedure

Follow a soft, Fibre-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, clear soup, clear jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day BEFORE the procedure

STEP 1 – Breakfast at 8h00 – Black tea / coffee with or without sugar, boiled / poached egg, white or brown bread or toast(not wholewheat)

Thereafter drink only approved clear liquids .

Lunch and Dinner : Drink only approved clear liquids and jelly.

Approved clear fluids:

Water, black tea/coffee, apple juice, white grape juice, Bovril drinks, clear chicken broth, Energy drinks (Energade, Game), jelly (only green and yellow).

No solid foods, milk or dairy products (yogurt, custard, ice cream),

No gas cool drinks, red or purple drinks or red wine allowed.

STEP 2 - PREPARATION - 3 SACHETS PICOPREP

Dissolve each sachet Picoprep in 250ml warm water to form a clear solution.

Chill with ice cubes and drink followed by a glass of water

At 10h00: Drink a glass of water or clear fluids

At 11h00: Drink a glass of water or clear fluids

At 12h00: Drink a glass of water or clear fluids

At 13h00: Take the 1st sachet Picoprep followed by a glass of water

At 14h00: Drink a glass of water or clear fluids

At 15h00: Drink a glass of water or clear fluids

At 16h00: Take the 2nd sachet Picoprep followed by a glass of water

At 17h00 Drink a glass of water or clear fluids

At 18h00 Drink a glass of water or clear fluids

At 19h00 Take the 3rd sachet Picoprep followed by a glass of water

At 20h00 Drink a glass of water or clear fluids

Stop with all intake at 22h00.

SEDATION IS GIVEN SO SOMEBODY MUST DRIVE YOU HOME