

Sydney Colorectal Associates

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Ground Floor
Hurstville Private Hospital
37 Gloucester Road
Hurstville NSW 2220

Suite 17, Level 7
Prince of Wales Private Hospital
Barker Street
Randwick NSW 2031

MORNING PROCEDURE:

PICOPREP 3 Preparation

Admission Date:

Admission time: The hospital will call the day before
between 2.30- 4.30pm to advise.

SPECIAL INSTRUCTIONS:

1. **DO NOT** drive your car, sign legal documents, drink alcohol or operate anything mechanical until the day after the procedure.
2. You will need to arrange to have a support person drop you off and pick you up from the hospital on the day of the procedure. The hospital will call your support person when you are suitably awake and ready to be picked up. We recommend your support person stay with you for the first 24 hours. If you do not have a support person who can drive you and stay with you overnight, please notify the hospital or your anaesthetist before your procedure.
3. **DO NOT WEAR HEAVY MAKE-UP, LIPSTICK OR NAIL POLISH. DO NOT WEAR ANY JEWELLERY (apart from your wedding ring). DO NOT BRING ANY VALUABLES WITH YOU.** A gown will be provided for you.
4. Please tell the nurse if you are taking **any medications**. If you are taking **ASPIRIN, PERSANTIN, PLAVIX, ISCOVER, WARFARIN (COUMADIN OR MAREVAN) or any other Aspirin products** you need to inform the nurse at least one week prior to your procedure.
5. Notify us if you think you may be pregnant.
6. If you are taking the **CONTRACEPTIVE PILL** – you will need to use another form of contraception for 2 weeks after your procedure.
7. Please tell your doctor if you suffer from diabetes or have a significant heart, chest or kidney problem.
8. Cease iron supplements 4 days prior to the procedure.

PLEASE TELEPHONE 1300 553 347 IF YOU ARE UNABLE TO KEEP THE APPOINTMENT OR YOU NEED TO SPEAK TO THE NURSE.

PICOPREP 3 - AM LIST

Picoprep 3 is a solution taken by mouth to cleanse the bowel before a colonoscopy. You need to purchase **3 sachets** of Picoprep from your local chemist, alternatively it can be purchased from our main reception area.

“Approved Clear Fluids”: A good **variety** of these clear fluids, including 2-3 cups of strained chicken noodle soup, will give you a variation in fluid intake.

Water, clear fruit juices (apple, pear & grape), plain jelly, Bonox, black tea/coffee, clear soups (no vegetables or meat), clear broth/ bouillon, carbonated beverages, clear cordials (lemon/lime), sport drinks. You may have barley sugar to suck.

NOTE: No red or purple food colorings.

It is important to drink the **volume of approved fluids** as recommended below, **to prevent dehydration**. You may drink more if you wish.

THE DAY BEFORE YOUR COLONOSCOPY:

BREAKFAST: (Before 8am): You may eat a light breakfast. Do not eat any food after breakfast, but have 2 glasses of Approved Clear Fluids

MORNING TEA: (10am): 1-2 glasses of Approved Clear Fluids (see above).

LUNCH: 2 glasses of Approved Clear Fluids.

Please ensure that there is a minimum of 2 hours between doses of Picoprep.

1: at 2-3pm: Mix one sachet of Picoprep in a glass of water and drink. It may be far more palatable in dry ginger ale. Drink another 2 glasses of **Approved Clear Fluids**.

2: at 4-5pm: Mix one sachet of Picoprep in a glass of water/dry ginger ale and drink. Drink another 2 glasses of **Approved Clear Fluids**.

3: at 6-7pm: Mix one sachet of Picoprep in a glass of water/dry ginger ale and drink. Drink another 2 glasses of **Approved Clear Fluids**.

Continue to drink **Approved Clear Fluids** until bedtime, at least 1 glass per hour, and have 3 glasses before going to bed. **Nothing to drink after midnight!**

The bowel preparation will cause multiple bowel motions, usually within 2-3 hours of the first dose, but the response is variable. You may experience intermittent abdominal cramps. Remain within easy reach of the toilet after starting the preparation.

ON THE DAY OF YOUR COLONOSCOPY:

Take your regular medications (other than as above) as usual with a sip of water at 6 am.

DO NOT HAVE ANY OTHER FOOD OR DRINK BEFORE THE COLONOSCOPY