



BOWEL PREPARATION (EXTENDED) INSTRUCTION SHEET FOR COLONOSCOPY

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY. CONTACT THE ROOMS IF YOU DO NOT UNDERSTAND THE INSTRUCTIONS OR IF YOU HAVE ANY QUERIES.

PLEASE PURCHASE 3 SATCHETS OF PICOPREP AND 1 SATCHET OF GLYCOPREP-C FROM YOUR PHARMACY. THERE ARE 3 TABLETS OF BISALAX ATTACHED TO THIS PAPER. YOU DO NOT NEED A PRESCRIPTION FOR THIS.

MEDICATIONS

If you are on blood thinning medications including warfarin, clopidogrel (Plavix), rivaroxaban (Xarelto), dabigatran etexilate (Pradaxa), prasugrel (Effient) and ticagrelor (Brilinta) then you will need to **cease these 7 days before the procedure** unless previously discussed with Mr Ong. You may continue other medications such as aspirin or NSAIDs (eg nurofen, indocid).

Insulin or diabetes pills. Please call the doctor that monitors your glucose levels. Your insulin dosage may need to be adjusted due to the diet restrictions required with this bowel preparation. (Please bring your diabetes medicines with you on the day of your procedure.)

Iron tablets. These should be ceased 7 days prior to the examination.

Please note: Oral contraceptives may not be effective after bowel preparation, extra precautions for the rest of the month is advised.

Take ALL other medicines as instructed by your normal doctor. On the day of your colonoscopy, take your medicines with a sip of water.

7 DAYS BEFORE YOUR PROCEDURE

Stop taking all iron tablets and blood thinning medication (see above), but continue all other medication.

4 DAYS BEFORE YOUR PROCEDURE

Stop taking any constipating agents i.e. lomotil, codeine phosphate etc, but continue all other medication.

3 DAYS BEFORE YOUR PROCEDURE

Do not eat high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit. You may eat white bread, white rice, meat, fish, chicken, cheese, yoghurt, pumpkin, potato, eggs and butter.



THE DAY BEFORE YOUR PROCEDURE

You may have a light breakfast, but from then you must not have any solid foods. **Only drink clear liquids following breakfast.** Drink at least 1-2 cups (250-500 mls) of clear liquids every hour during the day to prevent dehydration. The clear liquids you can drink include:

- ✓ water, cordial, apple juice or broth
- ✓ black coffee or tea (without milk)
- ✓ clear carbonated beverages such as lemonade or Fanta
- ✓ Gatorade® or other sports drinks (not red or blue) or other flavored drinks
- ✓ plain jelly or icypoles
- ✓ do not drink alcohol on the day before or the day of the procedure

For colonoscopies, please avoid red, blue or purple drinks/food dye

WHEN TO TAKE YOUR BOWEL PREP

□ FOR PROCEDURES IN THE MORNING (BEFORE 12 NOON)

THE DAY BEFORE YOUR PROCEDURE

AT 12PM take three tablets of BISALAX

AT 3PM FIRST DOSE: Mix the entire contents of 1 sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink the mixture slowly over one hour but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

AT 4PM SECOND DOSE: Mix up the GLYCOPREP-C in 1 litre of cold water. You should try and drink a glass of the preparation about every 15 minutes. Total intake time should be approximately 1 hour. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

AT 6PM THIRD DOSE: Mix the second sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

AT 7PM FOURTH DOSE: Mix the third sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

Continue drinking at least 1-2 glasses of approved clear fluids every hour until you go to bed.

FAST FROM MIDNIGHT - THIS MEANS NOTHING TO EAT OR DRINK ON THE DAY UNTIL AFTER YOUR PROCEDURE.



□ FOR PROCEDURES IN THE AFTERNOON (AFTER 12 NOON)

THE DAY BEFORE YOUR PROCEDURE

AT 1PM take three tablets of BISALAX

AT 4PM FIRST DOSE: Mix the entire contents of 1 sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink the mixture slowly over one hour but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

AT 5PM SECOND DOSE: Mix up the GLYCOPREP-C in 1 litre of cold water. You should try and drink a glass of the preparation about every 15 minutes. Total intake time should be approximately 1 hour. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

AT 7PM THIRD DOSE: Mix the second sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

Continue drinking at least 1-2 glasses of approved clear fluids every hour until you go to bed.

THE MORNING OF YOUR PROCEDURE

AT 6AM FOURTH DOSE: Mix the third sachet of PICOPREP in a glass of cold water and stir until dissolved. Drink mixture slowly but completely. This should be followed by at least 1 glass of water or APPROVED FLUIDS.

AT 6-8AM Drink plenty of clear fluids as described above. DO NOT have anything to eat. After 8AM, do not have any further oral intake.

FROM 8AM: NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.