



INSTRUCTIONS FOR MORNING COLONOSCOPY - BOWEL PREPARATION WITH PREPKIT ORANGE

THIS KIT CONTAINS: 1 Glycoprep Orange 70g sachet 2 Picoprep Orange 20g sachets

NOTE: 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. This preparation will cause multiple bowel movements and often works quickly. Remain within easy reach of a toilet.

Stop all iron containing medicine 7 days prior to the procedure. Continue with your regular medications. Special instructions are needed if you are diabetic, or on Clopidogrel, warfarin or other blood thinners.

ADVERSE REACTIONS: The most frequent reactions are nausea and bloating. These can be reduced by slowing the rate of intake. Less frequent adverse reactions include vomiting and rectal irritation (Vaseline may assist). These adverse reactions are temporary and generally disappear rapidly.

THREE DAYS BEFORE PROCEDURE

7pm Take 2 Senokot tablets (brown)

TWO DAYS BEFORE PROCEDURE

Commence modified residue fibre diet – refer to attached sheet.

7pm Take 2 Senokot tablets (brown)

ONE DAY BEFORE PROCEDURE

Drink only CLEAR FLUIDS for breakfast, lunch and dinner.

NO SOLID FOODS OR MILK PRODUCTS ALLOWED.

APPROVED CLEAR FLUIDS: (drink a mix)

Gatorade, Powerade, other electrolyte sports drinks. Strained fruit juices, water, clear broth, Bonox, tea, coffee (no milk), jellies (not red or purple), cordials (not red or purple), clear ice blocks.

1PM Dissolve the entire contents of 1 sachet of **Picoprep Orange** in 250ml of warm water. If preferred chill in fridge. Drink contents of glass followed by 1 glass of water.

Continue drinking clear fluids as above at least 2-3 glasses /hour/the more the better.

6PM Dissolve the entire contents of 1 sachet of **Glycoprep Orange** in 1L of water. If preferred chill in fridge prior. Drink mixture slowly over 1 hour (one glass every 15mins).

Continue drinking clear fluids as above at least 2-3 glasses /hour/the more the better.

DAY OF PROCEDURE

4AM or 3hrs prior admission time Dissolve the entire contents of 1 sachet of **Picoprep Orange** in 250ml of warm water. If preferred chill in fridge. Drink contents of glass followed by 1 glass of water.

Continue drinking clear fluids up until 2 hours prior to your procedure time, then FAST (no food/drink).

Please note that you are NOT allowed to drive home after your procedure.

MODIFIED RESIDUE DIET

The diet aims to avoid foods which are incompletely digested or which may act as irritants to the bowel.
Example: Fried foods, highly seasoned food and foods which contain a high fibre diet content.

CEREALS:

Avoid wholegrain cereals (WEET-BIX), All Bran, brown/wholemeal breads, brown rice, wholemeal pastas, wholemeal biscuits or those containing nuts or fruit.

Allowed:

Cornflakes, Rice Bubbles, Strained rolled oats, Semolina, white bread, white rice, white pasta, plain biscuits (Arrowroot, Sao, Milk Coffee).

VEGETABLES:

Avoid all varieties.

FRUIT:

Avoid all fresh, canned, stewed or dried fruit.

Allowed:

Strained fruit juices.

MEAT, FISH, POULTRY, EGGS:

Avoid red meat (lamb, beef, veal, pork, bacon, ham), made up meats (devon, rissoles, curries, highly seasoned sausages or fatty casseroles), fried fish, canned fish, shellfish, fried eggs.

Allowed:

Chicken with no skin, rabbit, fish (boiled, steamed or grilled), eggs (boiled, poached, scrambled, plain omlets).

MILK AND CHEESE:

Avoid strong cheeses.

Allowed:

300ml milk (whole or skim), 50g mild cheese.

FATS:

Avoid cooking and salad oils.

Allowed:

30g or 1 ½ tablespoons butters or margarine or 60ml of cream (3 tablespoons).

BEVERAGES:

Avoid alcohol.

Allowed:

Tea, coffee, milk from allowance, soft drinks, cordials, strained cream soups, broth, Bonox.

DESSERTS:

Avoid pastries, puddings containing fruit, dried nuts or fruits.

Allowed:

Milk puddings, jellies, plain sponge.

MISCELLANEOUS:

Avoid jam, marmalade, pickles, chutney, sauces, mayonnaise, nuts, coconut, fudge, chocolate, herbs and spices.

Allowed:

Sugar, honey, boiled lollies, barley sugar, Marmite, Vegemite, Bonox, salt.