



## Preparation for Morning Gastroscopy and Colonoscopy

(Your Endoscopist chooses to use **Picoprep** to prepare your bowel.)

### ***Purchase from Pharmacy: Picoprep 2 x 15.5g packets***

**Note:** Use the instructions below and not the ones on the Picoprep box. Please follow these carefully as it will ensure the bowel is properly cleansed to enable the best possible examination.

| Two days before your procedure: |  |
|---------------------------------|--|
| All day                         | <p><u>Start the Low Fibre Diet</u></p> <p><u>Solids:</u></p> <ul style="list-style-type: none"> <li>Rice bubbles, cornflakes, reduced fat milk, eggs (not fried), plain tinned spaghetti, plain crackers, white bread or toast (but not high fibre), plain scones (no sultanas or dates), plain biscuits (e.g. arrowroot or wine).</li> <li>Butter, margarine, cheese, honey, marmalade, Marmite, Vegemite.</li> <li>Fish, skinless chicken (but not fried or highly seasoned) - <b>no red meat</b>.</li> <li>White rice, plain white pasta, skinless potatoes or kumara <b>but no other vegetables</b>.</li> <li><b>No fruit, pips, seeds, nuts, red meat, brown or wholemeal bread or muesli.</b></li> </ul> <p><u>Liquids:</u></p> <ul style="list-style-type: none"> <li>Drink as much clear fluid as possible to help clear your bowel and maintain hydration. For comfort and variation try a variety of clear fluids - water, clear energy drinks, colourless cordials and carbonated drinks, e.g. lemonade, clear apple juice, electrolyte mixes.</li> <li>Strained fruit juice, clear soups, e.g. strained chicken noodle.</li> <li>Lemon flavoured ice blocks, light coloured jellies, barley sugars, boiled sweets.</li> <li>Tea, coffee (a little reduced fat milk, soy milk, almond milk is okay but <b>not</b> lattes, flat whites or cappuccinos).</li> <li><b>No highly coloured drinks (i.e. red, green, purple) or milk based products such as yoghurt.</b></li> </ul> |

| The day before your procedure: |   |
|--------------------------------|---|
| Morning                        | <ul style="list-style-type: none"> <li>Low fibre breakfast before 10.00am.</li> <li>From 10.00am <b>STOP ALL SOLID FOOD</b> until after your procedure. Drink plenty of clear fluids.</li> </ul>  |
| 4.00pm                         | <ul style="list-style-type: none"> <li>Add entire contents of one 15.5g sachet of Picoprep to one glass of warm water until dissolved. Prepare earlier and put in the fridge to chill if desired.</li> <li>Drink mixture slowly but completely and follow with several glasses of clear fluid. Drink plenty of clear fluids between doses.</li> </ul> |
| 11.00pm                        | <ul style="list-style-type: none"> <li>Add entire contents of one 15.5g sachet of Picoprep to one glass of warm water until dissolved. Prepare earlier and put in the fridge to chill if desired.</li> <li>Drink mixture slowly but completely and follow with several glasses of clear fluid.</li> </ul>   |

| The day of your procedure - fluids only today: |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>Remember no solid food today – clear fluids only.</li> <li><b>Stop all fluids <u>two</u> hours before your procedure (<u>four</u> hours if having Propofol sedation).</b></li> </ul> |

**(If you have any problems with constipation, please discuss this with us as you may need more of the preparation solution to cleanse your colon).**

**Note:** If you feel nauseous during the preparation, ginger ale may help as it has anti-nausea properties. It is not unusual to feel bloated or cold during the preparation - wear warm comfortable clothing and try short walks to alleviate any bloating.

It is important to drink the full amounts of the preparation doses to achieve full bowel cleansing.

Because the preparation causes multiple (and sometimes urgent) bowel motions, it is important to stay close to a toilet. Individual response times vary and can range from 30 minutes to three hours. Vaseline can be applied to the anus to reduce discomfort during bowel movements.

If you have a dry mouth or feel dehydrated, try fluids with one teaspoon of sugar and half a teaspoon of salt per glass.