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Colorectal Consulting Group  
An association of  
Independent  
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## **INSTRUCTIONS FOR COLONOSCOPY PREPARATION**

### **WITH PREPKIT C**

#### **AFTERNOON COLONOSCOPY**

**You will need to purchase 1 Glycoprep-C 70g sachet and 2 Picoprep 15.5g sachets from the pharmacy (no prescription required).** The success of your examination depends on the bowel being as clear as possible; therefore it is necessary to follow the instructions carefully to avoid having to repeat the examination.

If you take **anticoagulants** (eg. Warfarin) or regular **Aspirin or Iron**, we need to know before you start the bowel preparation as these may need to be modified. If you are **diabetic** we need to also discuss your treatment. Continue with all other regular medications.

Individual responses to laxatives do vary. This preparation usually induces frequent, loose bowel movements within 0.5 – 3 hours of taking a dose. Please remain within easy reach of toilet facilities. It is important to make sure you have plenty of fluid to avoid dehydration.

#### **TWO DAYS PRIOR TO PROCEDURE**

**Low Fibre Diet.** Try steer clear of eating red meat, brown bread, cereals, fruit and vegetables. Do not have anything with seeds in it. Do not eat yellow cheese.

#### **DAY PRIOR TO PROCEDURE**

**Breakfast and lunch can be eaten as normal up until 1 pm. Drink only clear liquids from 1pm to 07:30:00 am the following morning- during this time you can only drink approved clear fluids \* .The bowel prep commences at 5pm.**

#### **First dose: 4.00pm**

Dissolve one sachet of **Picoprep** into one glass of water, dissolve and drink completely.

#### **Second dose : 5.00 pm**

Dilute entire pack of **Glycoprep** in a litre of warm water and stir until dissolved. You should drink a glass of the Glycoprep every 15 minutes. Total intake time should take 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. A drinking straw can often be helpful. (This can be made up in the morning or earlier in afternoon and also placed in the refrigerator to chill.)

#### **DAY OF EXAMINATION**

#### **Third dose: 6.00 am**

You should now drink the second glass of **Picoprep** as per the first dose instructions.

#### **You are to stop fluids at 07:30:00 am**

#### **\*Approved clear liquids**

**Water, clear fruit juices or non- cloudyapple juice, black tea or coffee (no milk), Bonox, clear soups or broth, 1 small bowl yellow jelly, clear fruit cordial, soft drinks, Lucozade, Gatorade, Gastrolyte.**

**- For any of the selections above, STEER CLEAR OF RED OR PURPLE DRINKS. Yellow and Green colours can be diluted and drunk.**

**-Milk or milk products are not allowed**

**- Please keep fluids up whilst doing bowel prep. Try add some of the other suggested drinks other than water in order to eliminate light headedness/fainting.**

