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INSTRUCTIONS FOR COLONOSCOPY PREPARATION WITH PREPKIT C

MORNING 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 can be eaten as normal up until 10am. You may drink clear liquids from 10 am until 12 midnight-during this time you can only drink approved clear fluids *.
At 4 pm the bowel preparation begins.

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.)

Third dose: 6.00 pm

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

You are to stop fluids at midnight. Do not drink any fluid when you wake up! If you want to brush your teeth, please ensure you do not ingest anything- this may compromise your anaesthetic.

***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.

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