

# Bowel Preparation Instructions



Patient: \_\_\_\_\_

Your procedure is booked at \_\_\_\_\_ on \_\_\_\_\_.

Please read and follow the instructions carefully. For any questions, please call 1300 644 824.

## 1 week before procedure:

1. **Buy 3 sachets of PicoPrep®** from your pharmacy. No prescription is needed.
2. **Stop iron tablets and fish oil** from now.
3. **Blood thinners**
  - a. **Aspirin (e.g. Cartia, Astrix):** Continue taking these as prescribed.
  - b. **Clopidogrel (e.g. Iscover, Plavix):** Generally, stop taking these 7 days before your colonoscopy and start taking Aspirin instead.
  - c. **Other Blood Thinning Tablets (e.g. Warfarin, Rivaroxaban, Apixaban, Dabigatran):** Please consult your doctor for specific instructions.
  - d. **Recent Cardiac Stent (within 2 years):** You may need to continue taking Aspirin and/or Clopidogrel. Please consult your doctor.
4. **Weight loss medications (e.g. Ozempic, Mounjaro):** You may continue taking this medication, noting that you will be on clear fluids the day before and fasting for 6 hours prior to the procedure.



NOTES: \_\_\_\_\_

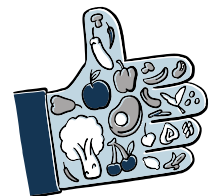
## 2 days before procedure: Stay on a low fibre diet.

### Not Allowed ❌

- Red meat
- Wholemeal, wholegrain, seeded or grain bread, Brown rice, wholemeal pasta, Weetbix, cheerios, wheat biscuits (e.g. digestives), dried fruit and nuts
- All fresh, cooked, tinned and dried fruit and vegetables including beans, lentils and pulses
- Any dairy containing fruit, nuts or herbs.
- Yellow cheese
- Any drinks with red or purple colouring
- Smoothies and fruit juices containing pulp and bits
- Any sweets containing fruit, nuts, seeds, sesame snaps Anything containing red or purple food colouring

### Allowed ✅

- Poultry, fish and eggs
- White bread, rice, pasta, couscous, noodles, skinless potatoes, cornflakes, rice bubbles, plain biscuits
- Well cooked peeled pumpkin, well cooked peeled potato
- Ripe bananas
- Milk, plain yoghurt, white
- cheese, ice cream, butter, milk puddings
- Clear fruit juice, cordial, sparkling drinks, tea, coffee, hot chocolate
- Boiled sweets (e.g. barley sugar, ginger drops, eucalyptus drops), spices, salt, pepper, consommé



## 1 day before procedure: Drink clear fluids and PicoPrep.

### Approved clear fluids ✅

Water, clear salty fluids (strained chicken noodle soup), clear broth/bouillon, clear fruit juices (apple), jelly (clear lemon or lime only), black tea or coffee (no milk), sports drinks (clear or lemon only), carbonated beverages, barley sugar, clear fruit cordial (lemon or lime only – no red or purple colouring).

# Bowel Preparation Instructions



**1 day before procedure (cont.):** Drink clear fluids and PicoPrep.

***If your procedure is in the morning (07:00 AM - 12:59 PM)***

Drink 1-2 glasses of clear fluids every hour.

**At 4:00 PM:**

Mix the contents of the first sachet of PicoPrep in a glass (250 ml) of warm water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.  
If you feel nauseated, drink prep via a straw.

**At 7:00 PM:**

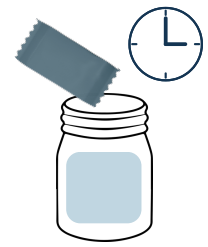
Mix the contents of the second sachet. Drink mixture, followed by 2 glasses of clear fluids.

**At 9:00 PM:**

Mix the contents of the third sachet. Drink mixture, followed by 2 glasses of clear fluids.

Continue drinking clear fluids up to bedtime.

You can continue clear fluids until 2 hours before colonoscopy. After that, no solid or liquid intake by mouth.



***If your procedure is in the afternoon (01:00 PM - 06:00 PM)***

Have a light breakfast – black tea/coffee, white toast, and egg before 9:00 AM.

Drink 1-2 glasses of clear fluids every hour.

**At 6:00 PM:**

Mix the contents of the first sachet of PicoPrep in a glass (250 ml) of warm water and stir until dissolved. Drink mixture, followed by 2 glasses of clear fluids.  
If you feel nauseated, drink prep via a straw.

**At 9:00 PM:**

Mix the contents of the second sachet. Drink mixture, followed by 2 glasses of clear fluids.

**At 7:00 AM on the day of procedure:**

Mix the contents of the third sachet. Drink mixture, followed by 2 glasses of clear fluids.

Continue drinking clear fluids up to bedtime.

You can continue clear fluids until 2 hours before colonoscopy. After that, no solid or liquid intake by mouth.

Due to the use of anaesthetic during your endoscopy, you won't be allowed to drive yourself home. Please arrange for someone to pick you up after the procedure.

You will be scheduled for a post operative appointment at least 2 weeks after your procedure.