

# Colonoscopy Preparation

## PICOPREP - PM APPOINTMENT

Name: .....

### Appointment Details

Date: ..... Time: .....

Consultant: ..... Site: .....

## PICOPREP

**Taking Picoprep is an important step in preparing for a successful Colonoscopy examination. In order for a colonoscopy examination to be performed, the bowel must be completely empty. This is achieved with taking Picoprep which is available from the pharmacy. Please read the information thoroughly and follow all instructions carefully.**

**Contents: 2 x Picoprep 15.5g sachets**

**Picoprep** are powders, which when mixed with water are designed to liquify the stool and cleanse the bowel.

Please contact us immediately if you:

- suffer from any medical condition that may require specialised care or treatment during the preparation and/or procedure;
- are taking **Warfarin** or **Plavix** or **any other blood thinning medication**, please discuss this with your GP;
- have a pacemaker.

If you are taking **iron tablets** please discontinue them **one week prior** to your examination.

## PREPARATION

<b>Step 1</b>	<p><b>Two days before</b> your appointment avoid eating food with pips and seeds such as: passionfruit, kiwifruit, tomatoes, sesame or poppy seeds, wholegrain bread, cereals containing seeds, etc.</p> <p><b>Suggested foods for lunch/dinner:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Eggs, omelettes, white bread or toast (not high fibre)</td> <td style="width: 50%;">Fish, Chicken (not fried or highly seasoned)</td> </tr> <tr> <td>Plain crackers (not wholemeal or multigrain)</td> <td>Butter, margarine, honey, Marmite, Vegemite</td> </tr> <tr> <td>Plain scones, plain biscuits eg. Arrowroot and wine biscuits</td> <td></td> </tr> </table>	Eggs, omelettes, white bread or toast (not high fibre)	Fish, Chicken (not fried or highly seasoned)	Plain crackers (not wholemeal or multigrain)	Butter, margarine, honey, Marmite, Vegemite	Plain scones, plain biscuits eg. Arrowroot and wine biscuits				
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<b>Step 2</b>	<p><b>DAY BEFORE YOUR EXAMINATION</b></p> <p><b>CLEAR FLUIDS ONLY - NO SOLID FOOD - NO MILK PRODUCTS</b></p> <p><b>SUGGESTED CLEAR FLUIDS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">• Clear packet soup (not canned)</td> <td style="width: 33%;">• Fruit juice, ginger ale</td> <td style="width: 33%;">• Marmite or Bovril drinks</td> </tr> <tr> <td>• Plain jelly</td> <td>• Clear ice blocks</td> <td>• Sports drinks e.g. Powerade</td> </tr> <tr> <td>• Tea and coffee (without milk)</td> <td>• Water</td> <td></td> </tr> </table> <p><b>DO NOT DRINK ANYTHING COLOURED RED, PURPLE OR ANY ALCOHOLIC BEVERAGES</b></p> <p><b>Only by carrying out the bowel preparation as per instructions will the bowel be clean enough for the procedure to be carried out.</b></p> <p>Once you start drinking your <b>Picoprep</b> you must continue to have only clear fluids.</p> <p><b>START YOUR BOWEL PREPARATION AFTER 6PM</b></p> <ul style="list-style-type: none"> <li>• Mix the entire contents of one sachet of <b>Picoprep</b> in a glass (250ml) of warm water. Stir until dissolved.</li> <li>• Drink mixture slowly and completely. Follow with one large glass of water.</li> <li>• Keep drinking a glass of clear fluid every half hour.</li> <li>• If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake or use a straw.</li> <li>• It is important to keep up your fluid intake, so ensure that you drink plenty of the recommended fluids to prevent dehydration.</li> </ul> <p style="text-align: right;"><i>preparation continued overleaf</i></p>	• Clear packet soup (not canned)	• Fruit juice, ginger ale	• Marmite or Bovril drinks	• Plain jelly	• Clear ice blocks	• Sports drinks e.g. Powerade	• Tea and coffee (without milk)	• Water	
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Step 3	<p><b>DAY OF YOUR EXAMINATION</b></p> <p><b>7.00 am</b></p> <ul style="list-style-type: none"> <li>• Make up second sachet of <b>Picoprep</b> with 250ml of warm water and follow instructions as per above.</li> <li>• Your bowel preparation is designed to cleanse the bowel and will cause diarrhoea like watery bowel motions. This may take 2-3 hours to work from commencement of drinking bowel preparation.</li> <li>• On completion of bowel preparation the bowel should return a clear, possibly yellow fluid.</li> <li>• You may only have black tea/coffee, clear fruit juice or water until <b>2 hours</b> before your appointment.</li> <li>• 2 hours prior to your appointment <b>YOU MUST HAVE NOTHING TO EAT OR DRINK.</b></li> <li>• If you are having a gastroscopy at the same time, then no clear fluids for 2 hours before the procedures.</li> </ul>
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**If you experience any problems while following these instructions please contact our Endoscopy Clinic or the Clinical Nurse Advisor on 09 623 5700.**

Because sedation is generally used during the procedure it is important that you **do not drive or operate machinery for 12 hours** afterwards.

Please arrange for someone to drive you home at the end of the examination.

### MANAGING ANY SIDE EFFECTS

We recommend that you drink the **Picoprep** at home where you can be close to a toilet.

One or two boiled or glucose sweets may help with the taste. For variation of taste try some clear fluids while taking your bowel preparation.

If you have a dry mouth or are feeling dehydrated, drink more fluids or ginger ale or Powerade.

If you are feeling nauseous, ginger ale may help due to its anti-nausea properties.

If you feel bloated try a short walk around the house or garden.

If you feel shivery and cold, wrap up warmly.

It is normal for anal soreness to occur during the cleansing of the bowel. To minimise this, Vaseline can be used on the anus before the **Picoprep** is commenced.

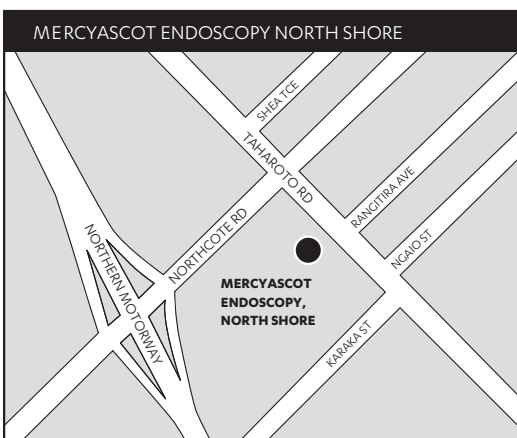
Things you will need to bring to your appointment

- **Any private bowel x-rays**
- **A list of any current medication**
- **Your referral from your doctor.**

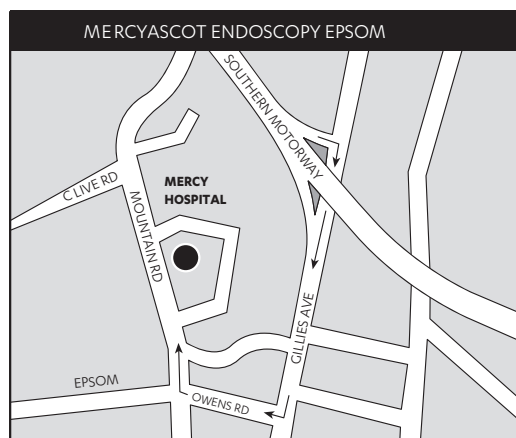
### PAYMENT DETAILS

- We advise that you apply to your insurance company for prior approval before your admission. (except Southern Cross members).
- Bring your prior approval number or letter to your appointment.
- Your account will be given to you on completion of your examination to forward to your insurance company for settlement.
- If you do not wish to apply for prior approval or do not have medical insurance we will calculate **an estimated total cost** of your procedure, which will be charged on admission.
- On completion of your stay your account will be processed and the amount adjusted accordingly. The total amount charged varies from patient to patient and any extra charges will be expected to be settled on discharge.

### LOCATIONS



Address: 46 Taharoto Road, Takapuna, Auckland 0622  
Phone: 09 486 4346 Fax: 09 486 4347



Address: 98 Mountain Road, Epsom, Auckland 1023  
Phone: 09 623 5725 Fax: 09 623 5704