

Instructions using

## PICO PREP for Morning Colonoscopy & Gastroscopy

### Preparation for Colonoscopy & Gastroscopy

To obtain good views of the bowel lining, the bowel must be completely empty. This is achieved with the help of a preparation called **PICO PREP** available at your chemist. You will need to contact your chemist at least 4 days prior to your appointment to ensure they have the **PICO PREP** available for you. You will need two (2) 15.5g sachets of **PICO PREP**.

If you suffer from any medical condition that may require specialised information or treatment during preparation/procedure, please contact Ormiston Endoscopy for advice on **09 250 1157**.

### PICO PREP INSTRUCTIONS

#### Three days before procedure

Begin low fibre diet (as recommended below)

- Rice bubbles or cornflakes (use reduced fat milk only)
- Eggs (not fried), omelettes, plain tinned spaghetti
- White bread or toast (not high fibre)
- Plain crackers (not wholemeal or multi grain)
- Plain scones (no sultanas, dates)
- Plain biscuits (Arrowroot or Wine)
- Butter, Margarine, Cheese
- Honey, Marmalade, Marmite, Vegemite
- Fish, skinless chicken (not fried or highly seasoned)
- No fruit, vegetables, pips, seeds, red meat, brown bread, muesli.

#### Day before procedure

**Morning:**

**STOP ALL SOLID FOOD UNTIL AFTER YOUR PROCEDURE - DRINK ONLY CLEAR FLUIDS FROM THIS TIME.**

You are encouraged to drink as much clear fluid as possible to help clear your bowel and prevent dehydration. For comfort or to give variation of taste, try alternating clear fluids during your bowel preparation.

- Water, black tea and coffee, i.e. no milk
- Lemon flavoured energy drinks, colourless cordials and carbonated drinks
- Strained fruit juice, some soups (e.g. strained chicken noodle)
- Lemon ice blocks, light coloured jellies, barley sugars, boiled sweets
- No highly coloured (i.e. red, purple, green) drinks.

#### 12.00pm (noon)

Add entire contents of one (1) 15.5g sachet of **PICO PREP** to one glass of warm water (approx 250ml) stir until dissolved. You can prepare earlier and chill if preferred

- Drink mixture slowly but completely
- Follow with at least another four glasses (approx 250ml each) of clear fluids before retiring, more if desired, to maintain hydration throughout your body.

#### PLEASE NOTE:

- The above time is a guide.
- There should be 6 hours between each sachet.
- If you have a dry mouth or feel dehydrated; drink more fluids or water with one teaspoon of sugar and half teaspoon of salt per glass.
- If you are feeling nauseous, ginger ale/ginger beer may help due to its natural anti-nausea properties.



- It is not unusual to feel cold or bloated when drinking the bowel preparation. Wear warm comfortable clothing and try short walks to alleviate bloating. Vaseline can be wiped around the anus to reduce discomfort during bowel cleansing. It is important to drink the full amount of bowel preparation to achieve adequate cleansing of the bowel.
- Because this preparation will cause multiple bowel motions it is advisable that you remain within easy reach of toilet facilities; therefore you may be more comfortable in your home environment. Individual responses to laxatives do vary.

### 6.00pm (evening)

- Add entire contents of the second 15.5g sachet of **PICO PREP** to one glass of warm water (approx 250ml) stir until dissolved. You can prepare earlier and chill if preferred
- Drink mixture slowly but completely
- Follow with several glasses of clear fluids – at least another four glasses (approx 250ml each) of clear fluids before retiring, more if desired, to maintain hydration throughout your body

### **STOP ALL FLUIDS FROM MIDNIGHT**

**ONLY BY CARRYING OUT THE PREPARATION AS ABOVE WILL THE BOWEL BE CLEAN ENOUGH FOR THE PROCEDURE TO BE CARRIED OUT.**

**A clean bowel helps satisfactory and successful examination**

### **Day of procedure**

**- Remember no solid food today**

Do not go to work.

Report to Ormiston Hospital reception on Level 3.

### **Things to do prior to your appointment**

Organise a family member or friend (or a taxi) to drop you at the Ormiston Hospital and collect you approximately 2 to 3 hours after your appointment time.

Organise a family member or friend to be with you up to 12 hours after the procedure and monitor your physical well-being. If not possible, please have a phone with you should you need to get medical attention.

Because a sedative is used it is very important you **DO NOT** drive or operate machinery or dangerous appliances, on the day of the procedure.

### **Things to bring with you to your appointment**

- Any x-rays and/or barium studies relevant to your examination (if available)
- Your medications or a list of them
- If you have private insurance that is not Southern Cross, bring your prior approval letter with you

Do not hesitate to telephone Ormiston Endoscopy on **09 250 1157** if you have any queries or doubts about this appointment or about the preparation.