



# Preparation for Colonoscopy – Morning Procedure

THE MOST IMPORTANT THINGS IS TO UNDERSTAND THAT YOU MUST HAVE A CLEAR (URINE COLOUR) BOWEL RETURN ON THE DAY OF THE PROCEDURE

These are guidelines only, you may need to drink more preparation to achieve the above result. Please note that you will have diarrhoea.

## ONE WEEK BEFORE

- Obtain Prepkit C from your pharmacy. Check that it contains 2 sachets of PicoPrep and one 70g sachet of GlycolPrep-C.
- Cease iron tablets, continue all other medications **unless advised otherwise**

## ONE DAY BEFORE

- Clear fluids **ONLY** for the whole day. **NO** solid food at all.
- Drink plenty of clear fluids through the day:
  - Strained clear soups
  - Jelly (not red)
  - Cordial (not red) / Sports drinks / Hydralyte
  - Black tea/coffee (NO MILK)
  - Clear apple juice, lemonade, ginger ale, water
- 5PM: Mix 1 sachet of PicoPrep in 250mL of water and drink.
- 7PM: Mix and drink 1 litre of GlycoPrep C
- 9PM: Mix and drink the remaining sachet of PicoPrep in 250mL of water.

## ON THE DAY

- Take any morning medications unless advised otherwise
- Continue to drink water until 6 hours before your test

*If your bowel return is not clear, please notify Lifehouse day surgery unit, as you may require more preparation. Contact us if you have other problems like severe headache, nausea or vomiting.*

The best way to drink preparation is to drink 1 glass every 10 minutes - very cold. You may find it helpful to WALK AROUND during this time as it may help to alleviate the feeling of being 'bloated' and will assist in the bowel cleansing process.