

**PICOPREP ORANGE INSTRUCTION SHEET**

**IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS CAREFULLY**

**Picoprep orange** is a bowel cleansing agent. The success of the colonoscopy procedure depends on the bowel being as clean as possible, otherwise the procedure may need to be repeated.  
Take three (3) sachets as per the doctors instructions.

**TWO DAYS BEFORE COLONOSCOPY**

**LOW FIBRE DIET**

**You may eat** meat, fish, chicken, eggs, cottage cheese, plain yoghurt, white bread, white pasta, white rice and well cooked pumpkin or peeled potato.

**Stop eating** brown bread, high fibre cereals, fruit and vegetables, and anything with nuts and seeds

**DRINK A VARIETY OF FLUIDS** (salty & sweet) approximately 3 litres throughout the day.

**ONE DAY BEFORE COLONOSCOPY**

**CLEAR FLUIDS ONLY**

**APPROVED CLEAR FLUIDS:** Water of any kind, clear fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, broth, chicken stock, miso soup, lucozade, gatorade, staminade, carbonated drinks, lime or lemon cordial. A good combination of clear fluids, including 2 – 3 cups of broth and a litre of electrolyte containing drink will give you a variety of fluids and help prevent dehydration.

Avoid red or purple coloured drinks, cloudy fruit juices or fruit juices with pulp, and milk/dairy products.

**If you are taking blood thinning /anti coagulant medications, other than aspirin, you should discuss with your Specialist. You may need to consult with the physician who prescribed the anti coagulants.**

If you are taking a combined blood pressure & diuretic medication, cease one day prior to the procedure.

Cease Fish Oil / Krill medication one week prior to appointment.

If you are a **DIABETIC**, Refer to “Colonoscopy Information for Patients and Carers” for further details.

Otherwise, take usual medication with a sip of water on the morning of the procedure.

Instructions if you are having a <b>morning</b> procedure (7am – 1pm)	Instructions if you are having an <b>afternoon</b> procedure (1pm – 6pm)
<p><b>THE DAY BEFORE YOUR COLONOSCOPY</b></p> <p><b>CLEAR FLUIDS ONLY (1 – 2 glasses every hour)</b></p> <p><b>FIRST DOSE @ 5 pm</b> Mix the entire contents of one sachet of <b>PICOPREP ORANGE</b> in a glass (250 ml) of warm water and stir until dissolved. Chill if desired. Drink the whole glass followed by 2 glasses of clear fluids.</p> <p><b>SECOND DOSE @ 7pm</b> Repeat first dose procedure.</p> <p><b>THIRD DOSE @ 9 pm</b> Repeat first dose procedure.</p> <p>Continue drinking clear fluids up to bedtime.</p> <p><b>DAY OF COLONOSCOPY</b> - WATER only, to a maximum of 200mls per hour, can be consumed up until your admission time</p>	<p><b>THE DAY BEFORE YOUR COLONOSCOPY</b></p> <p>You may have a light breakfast, black tea/coffee, white toast &amp; an egg before 9am. After this you will be on <b>CLEAR FLUIDS ONLY</b> (1 -2 glasses every hour)</p> <p><b>FIRST DOSE @ 6 pm</b> Mix the entire contents of one sachet of <b>PICOPREP ORANGE</b> in a glass (250 ml) of warm water and stir until dissolved. Chill if desired. Drink the whole glass followed by 2 glasses of clear fluids.</p> <p><b>SECOND DOSE @ 9 pm</b> Repeat first dose procedure.</p> <p><b>DAY OF COLONOSCOPY / ADMISSION</b></p> <p><b>THIRD DOSE @ 6 – 7am,</b> Repeat first dose procedure. Continue clear fluids up to 6 hours before your admission. WATER only, to a maximum of 200mls per hour, can be consumed up until your admission time</p>

The bowel preparation will cause multiple bowel movements and may cause some intestinal cramping. You will need nearby access to toilet facilities, plan your day accordingly.  
Paracetamol may be taken 4-6 hourly for headache if needed.

## **Important Information regarding bowel preparations and the possible complications.**

As you are about to undergo a colonoscopy you will need to know some details about the risks and benefits of the bowel preparation which you will be required to take prior to your procedure.

The bowel preparation is intended to clean the bowel completely so that there is good visualisation of the whole colonic lining and any polyps are able to be removed.

There is a small risk of the bowel preparation causing dehydration and an imbalance to the electrolytes in the blood stream. It is important that you keep well hydrated and follow the bowel preparation instructions diligently.

To ensure that the risk of dehydration and electrolyte imbalance is minimised, you will need to do the following:

- drink a variety of different fluids frequently
- if you take blood pressure medications containing diuretics or oral diabetic medications they will need to be stopped as instructed by your specialist and your colonoscopy instruction sheet
- if you develop a severe headache, uncontrollable nausea and vomiting or a fainting episode stop the preparation and seek medical advice

The bowel preparation will induce significant diarrhoea so you will need to be close to a toilet which is easily accessible. Rushing to the bathroom may put you at risk of having a fall so be extra careful. If you use a walking aid make sure it is nearby.

If you are over the age of 75, have a tendency to fainting, or have multiple health problems it is advisable to have someone at home with you whilst you are taking the bowel preparation.

If you have any concerns, please do not hesitate to contact your GP, Specialist or one of the clinic nursing staff for help. You may require a consultation prior to commencing the bowel preparation if you have a lot of other health issues, take multiple medications or have had significant changes in your health since you were last seen by your Specialist.

It is a requirement of The Australian Commission of Quality & Safety in Health Care, and Medicare that you understand the risks and benefits of having a colonoscopy and taking the bowel preparation.