

MORNING PROCEDURE

Patient Instructions for Prepkit Orange

The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated. Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

TWO DAYS BEFORE EXAMINATION

- 1 Stop all iron containing medications and fibre supplements (continue with your regular medication).
- 2 Stop eating brown bread, cereals, vegetables and fruit. Do not have anything with seeds in it. Do not have any yellow cheese.
- 3 You may eat boiled or poached eggs, cottage cheese, low fat plain yoghurt, white bread, steamed white fish, boiled chicken, well cooked & peeled pumpkin or well cooked peeled potato, clear jelly, skim milk and drink plentiful approved clear liquids**

ONE DAY BEFORE EXAMINATION

- 1 No solid foods, no milk products allowed.
- 2 Drink only approved clear fluids**
- 3 During the day drink at least 1 glass of clear fluid (plus preparation liquids) each hour. Keep drinking approved clear fluids until bedtime.
- 4 Make up the sachet of Glycoprep 70g with 1 litre of water, following the instructions on the back of the packet. Chill in refrigerator until required to drink. Do not discard empty packet to ensure directions are followed.

FIRST DOSE (3.00pm) Add the entire contents of ONE sachet of **PICOPREP** in a glass of warm water (approx. 250ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or approved clear fluids** (at least a glass per hour) in order to retain hydration throughout your body.

SECOND DOSE (6.00pm) Remove the made up **Glycoprep** from the refrigerator following the INSTRUCTIONS on the back of the Glycoprep packet. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approximately 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

THIRD DOSE (9.00pm) Add the entire contents of the SECOND sachet of **PICOPREP** in a glass of warm water (repeat same as FIRST DOSE above).

DAY OF EXAMINATION

1. **NOTHING TO EAT (solid foods). MAY DRINK WATER AND APPROVED CLEAR FLUIDS 4** hours prior to procedure. **MAY DRINK WATER OR GATORADE (SUGAR FREE FOR DIABETICS) 2** hours prior to procedure.

****APPROVED CLEAR LIQUIDS** Water, clear fruit juices (apple, pear, grape), plain jelly (no red or purple colours), black tea or coffee (no milk), Bonox, Lucozade, clear soups, broth or bouillon, clear fruit cordials (lemon or lime).