

Before 10am appointment FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS CP-005-B009A

2x Picoprep sachets

Please read these instructions at least 4 days before your procedure to ensure you understand them.

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4 days before:	3 days before:	2 days before:	1 day before:	Day of procedure:
☐ Take your regular medication, unless advised otherwise Medication instructions: ☐ Stop iron tablets, calcium, fish oils, Omega 3, Vitamin D, Magnesium or any other supplements ☐ Continue taking Movicol, Osmolax, Coloxyl, Coloxyl with senna	☐ Take your regular medication, unless advised otherwise Medication instructions: ☐ Only eat what is listed on the 'Foods ALLOWED ' list (see overleaf)	☐ Take your regular medication, unless advised otherwise Medication instructions: ☐ Only eat what is listed on the 'Foods ALLOWED ' list (see overleaf) FOLLOW THE BELOW ONLY IF INSTRUCTED TO DO SO – ☐ Eat dinner at 6pm ☐ 8pm Add one sachet of Picoprep to one glass (250ml) of warm or cold tap water and stir until dissolved. ☐ Drink 2 x 250 ml glasses of water Do not consume any food after taking picoprep until breakfast next day.	☐ Take your regular medication, unless advised otherwise. Also see additional information overleaf. Medication instructions: ☐ Before 8am eat 2 slices of white toast only with honey or vegemite, a ripe banana, tea/coffee with low fat milk. No more solid food from 9am. ☐ Drink approved clear fluid only from 9am ☐ 7pm – Add one sachet of Picoprep to one glass (250ml) of warm or cold tap water and stir until dissolved. Drink 2 x 250 ml glasses of 'APPROVED CLEAR FLUIDS' (see overleaf) Drink water with hydralyte ONLY from midnight	Drink water with hydralyte ONLY Medications ☐ Take your regular medication, as advised Reflux Blood pressure Epilepsy Asthma puffer DO NOT TAKE DIABETIC MEDICATIONS OR INSULIN DO NOT BRING ANY MEDICATIONS INTO THE FACILITY EXCEPT FOR INSULIN& ASTHMA PUFFER – DECLARE THESE ON ARRIVAL ☐ STOP drinking 2 hours before your arrival time _____ Arrival time: _____ ☐ Do not chew gum or suck lollies ☐ Leave dentures/false teeth in (if applicable) ☐ No smoking, vaping, e-cigarettes or social drugs on day of your procedure Please bring ☐ Dressing gown/Long sleeve cardigan ☐ Supportive footwear ☐ Spare pair of underpants ☐ A bag for your belongings YOU MUST HAVE a responsible adult to take you home and remain with you for the duration of the day

Foods ALLOWED

BREADS limited to:

White bread, rolls, plain biscuits, white muffins, pancakes, waffles, honey, jams (without seeds), white crumpets, vegemite

CEREALS limited to:

Rice Bubbles, Cornflakes, Weetbix, Nutrigrain

DESSERTS (Low Fat) limited to:

Plain cake, water ices, natural low fat yoghurt, low fat ice cream, frozen yoghurt without fruit

FRUIT limited to:

Ripe banana, apple sauce, stewed peeled fruit

POTATO AND POTATO SUBSTITUTE limited to:

White rice, white pasta, egg noodles (2 minute noodles). Peeled mashed potato

VEGETABLES limited to:

Cooked peeled carrot, pureed squash, pumpkin

FATS limited to:

Minimal margarine, light salad dressing, light mayonnaise

MEAT & MEAT SUBSTITUTES limited to:

Well-cooked lean white meat i.e.: no fat – skinless chicken, fish, shellfish, eggs, low fat cheese, tofu

APPROVED CLEAR FLUIDS

Strained broth, strained chicken noodle soup, tea or coffee with low fat milk, apple juice, water, herbal tea, sports drinks, soft drinks, cordials, barley sugar, water ices, soup cubes, “clear” alcohol (in moderation, e.g. no red wine)

Please do not use red, blue or purple drinks

It is very important to have a variety of these approved clear fluids to replace the electrolytes you will lose throughout the day from taking the preparation.

DO NOT ONLY DRINK WATER

A vital part of this preparation is the extra fluid that you drink. This prevents dehydration and is an important part of the cleaning out process.

Additional Information

- ❑ **Diabetic on Insulin** If you are diabetic and on insulin, please contact the GP who manages your diabetes. Your insulin dose may need modifying on the day prior to, and the day of your procedure
- ❑ **Diabetic patients** Monitor blood sugar levels 4 to 6 hourly on the day prior to your procedure when drinking only. Please adjust your fluid selection (eg: apple juice) according to your readings.
- ❑ **Skin Integrity** We recommend that you apply barrier cream, i.e. zinc cream or Vaseline to the skin around your bottom, using wet wipes instead of toilet paper. This will help prevent soreness from the frequent bowel motions.
- ❑ **Preparation Response** You may experience mild side effects but these should go away rapidly, including bloating, nausea, and cramping. Should this occur, slow down drinking the prep, or try drinking it through a straw. Stay near a toilet after commencing the sachets, as diarrhoea will occur. Individual responses to laxatives may vary.
- ❑ **Medication Interaction** Oral contraceptives may not be effective after bowel preparation and extra precautions for the rest of the month are advised.

The Digestive Health Centre accepts no responsibility for valuables