

“EXTENDED” Bowel Preparation Instructions

PRIOR to Your Procedure:

Purchase at your pharmacy: 2 sachets of Picoprep and 2 sachets of Glycoprep (4 packets in total).

The Day BEFORE Your Procedure:

Do not consume ANY solid food, milk or milk products. Attempt to drink 3L of water throughout the day and only consume other clear fluids such as clear broth, yellow/orange jelly, clear ice blocks, non-cloudy fruit juice no pulp, fruit flavoured cordial and plain coffee/tea (no milk).

At 2PM: mix Glycoprep powder with water (1 litre) and drink mixture slowly over the next hour.

At 5PM: dissolve one sachet of Picoprep in a glass of warm water (250mls) and drink. Drink a further glass of clear fluid/water.

At 8PM: mix Glycoprep powder with water (1 litre) and drink mixture slowly over the next hour.

The Day OF Your Procedure:

At 5AM or 2 hours prior to arrival (whichever is LATER): dissolve one sachet of Picoprep in a glass of warm water (250mls) and drink. Drink a further glass of clear fluid/water.

Remain fasted (nil by mouth) until your procedure.

If you have any questions following completion of this document, please contact theatremanager@gastrosc.com.au or call on 03 7023 0230 and ask to speak to our practice nurse.

