

“STANDARD” Bowel Preparation Instructions

PRIOR to Your Procedure:

Purchase at your pharmacy: 2 sachets of Picoprep and 1 sachet of Glycoprep.

The Day BEFORE Your Procedure:

Before 9AM: You can have a normal breakfast.

After 9AM: **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 6PM: dissolve one sachet of Picoprep in warm water (250mls) and drink. Drink a further glass of clear fluid/water.

At 8PM: dissolve one sachet of Picoprep in a glass of warm water(250mls) and drink. Drink a further glass of clear fluid/water.

The Day OF Your Procedure:

At 9AM: mix Glycoprep powder with water (1 litre) and drink mixture slowly over the next hour.

Continue to drink water only until 11am or 2 hours prior to arrival (whichever is LATER).

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.

