

**Send all correspondence
to:**

Suite 213, 12 Ormond Blvd
Bundoora 3083

PREPKIT C PATIENT INSTRUCTION SHEET

This prep can be purchased from your Chemist. Follow our instructions as outlined below. The success of the procedure depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed.

TWO DAYS BEFORE YOUR EXAMINATION

LOW FIBRE DIET (See sample menu included)

You may eat meat, fish, chicken, eggs, cottage cheese, plain yoghurt, white bread, white pasta, white rice and well-cooked pumpkin or peeled potato. See sample menu plan attached:

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

DRINK A VARIETY OF FLUIDS, approximately 3 litres throughout the day.

ONE DAY BEFORE EXAMINATION

CLEAR FLUIDS ONLY - NO SOLID FOODS OR MILK PRODUCTS ARE ALLOWED

A good combination of clear fluids, including 2 – 3 cups of strained chicken noodle soup will give you a variation & prevent dehydration.

APPROVED CLEAR FLUIDS: Water of any kind, CLEAR fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, lucozade, gatorade, staminade, carbonated drinks, barley water, CLEAR broth, bouillon or soup, CLEAR lime or lemon cordial. Avoid red coloured drinks.

This morning, dissolve the Glycoprep C sachet in 1 litre of warm water and chill until required to drink.

5 PM FIRST DOSE: PICO PREP – Prepare 1/2 hour before drinking and chill until required to drink.

Add the contents of one sachet of picoprep in a glass (250 ml) of warm water and stir until dissolved.

Drink mixture & follow with a drink of the approved fluids

6pm NEXT DOSE: GLYCOPREP C Remove the prepared Glycoprep C from the refrigerator. You should try to drink a glass of the preparation every 15 minutes, to drink the full litre it should take you about 1- 1 1/2 hour. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

7 – 7.30 PM FINAL DOSE: PICO PREP – Add the contents of one sachet of picoprep to one glass (250ml) of warm water, (repeat same as FIRST DOSE above).

Day of colonoscopy

- From midnight last night, nothing to eat or drink (fast) until after the procedure.
- Arrive at the hospital at the scheduled admission time.

THE PREPARATION WORKS QUICKLY AND THE EFFECTS LAST FOR 2-3 HOURS, or longer in some cases, therefore, you will need nearby access to toilet facilities, plan your day accordingly. The preparation will cause multiple bowel movements. Some intestinal cramping is normal.

The importance of drinking fluids cannot be overstated. Drink 1 – 4 glasses per hour of a variety of the approved clear fluid throughout the day. **KEEP DRINKING APPROVED CLEAR FLUIDS UNTIL FASTING TIME.**