



PREPKIT ORANGE - Standard Preparation

Obtain a PREPKIT ORANGE kit from a chemist (you do not need a prescription). In total, you will need: 1 sachet of GlycoPrep Orange and 2 sachets of PicoPrep Orange.

If you take Insulin, diabetic medications, Aspirin, Clopidogrel, Warfarin, Xarelto, Pradaxa, Eliquis or other blood thinning agents please ensure you have discussed with me and understand which of these need to be stopped (and when) and which can be continued. Stop iron tablets, fish oil and krill oil one week before your procedure.

TWO DAYS BEFORE COLONOSCOPY

LOW RESIDUE 'WHITE' DIET: Stop foods containing seeds, nuts and whole grains such as multigrain bread and cereals. Take skin off fruit and avoid leafy green vegetables. Stop hard, yellow cheese.

YOU MAY EAT foods such as: egg, steamed fish, chicken (no skin), cottage cheese, low-fat plain yoghurt, white bread (no crust), white pasta, white rice, clear jelly, skim milk, well-cooked pumpkin or peeled potato. Drink at least 2 litres of clear fluids.

THE DAY BEFORE COLONOSCOPY

You may continue to eat the low residue "white diet" until 12pm

After 12pm you must be on CLEAR FLUIDS ONLY (fluid you can see through): You must not have solid foods, milk or heavily coloured (especially red) jellies or fluids. You may have strained soups, clear broths, clear fruit juices, clear cordials, plain jelly, sports drinks, lemonade, hydrolyte, black tea or coffee (no milk). Keep up a high fluid intake to avoid dehydration from the bowel preparation.

IN THE MORNING: Make up the sachet of GlycoPrep-Orange 70g with 1 Litre of water, following the instructions on the back of the packet. Do not discard the empty packet to ensure directions are followed completely. Chill in the refrigerator until required to drink in the afternoon.

At 12.00 pm: Make up the **first sachet of PICOPREP** in a glass of warm water (approximately 250 ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the entire mixture within 10 minutes followed by two glasses of approved clear fluids to maintain hydration.

At 3.00 pm: Start drinking the **1 Litre of GLYCOPREP-Orange** and continue until finished. You should drink a glass of the preparation about every 15 minutes. The total intake time should be



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approximately 90 minutes. If you start to feel nauseated while drinking the preparation slow down. Some people find that drinking GlycoPrep with a straw is easier.

At 6.00 pm: Drink the **second PICOPREP** in a glass of warm water (chill for half an hour before drinking if preferred), followed by 750ml of approved clear liquids.

Responses to laxatives vary. This preparation usually causes multiple loose bowel movements within two to three hours. Remain within easy reach of toilet facilities.

THE DAY OF COLONOSCOPY

NIL by mouth from midnight. Important medications can be taken in the morning with a sip of water.