

PICOPREP & GLYCOPREP BOWEL PREP INSTRUCTIONS FOR AFTERNOON PROCEDURES

Your kit contains: 2 x Picoprep sachets 15.5g
1 x Glycoprep-C packet 70g

PLEASE READ CAREFULLY. THE PREPARATION IS TO BE TAKEN ON THE DAY BEFORE YOUR TEST.

TWO DAYS BEFORE your test, maintain a low fibre diet, ie restrict brown/wholegrain breads, cereals, seeds and yellow cheese. Limit vegetables and fruit. You may have egg, steamed white fish, boiled chicken, white bread, white pasta, white rice.

ON THE DAY BEFORE YOUR TEST:

You may have a lite breakfast and lite lunch, ie stewed fruit, poached egg, clear soup. No bread.

After lunch, you may have clear fluids only for the remainder of the day. No food or milk products.

Mix Glycoprep-C packet into one litre of water and refrigerate until required.

FIRST DOSE 3PM: Mix one sachet of Picoprep in a glass of water (approx 250ml) and stir until dissolved. Drink mixture slowly but completely. This should be followed by a glass of water or approved clear liquid (see list at bottom of sheet)

SECOND DOSE 6PM: Drink Glycoprep (mixed into one litre of water) until completed. This should take approx. one hour. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

THIRD DOSE 9PM Mix second sachet of Picoprep in a glass of water (approx 250ml) and stir until dissolved. Drink mixture slowly but completely. This should be followed by a glass of water or approved clear fluid.

**YOU MAY HAVE CLEAR FLUIDS UP UNTIL 6 HOURS PRIOR TO YOUR PROCEDURE.
NIL BY MOUTH 6 HOURS PRIOR TO YOUR PROCEDURE.**

APPROVED CLEAR FLUIDS

Water, apple juice, pear juice, plain jelly, lemon/lime jelly, black tea & coffee (no milk), bonox, lemonade, lucozade, lemon cordial, lime cordial, carbonated beverages (no red or purple colourings), clear broth, barley sugar.

If you are taking any medication, please contact our centre for advice.