



Colonoscopy Bowel Preparation - Afternoon Procedure

2x Sachets of PICOSALAX (Sodium picosulfate, magnesium oxide and citric acid)

You will need to purchase the bowel preparation from your pharmacy or our rooms prior to your appointment. Please cease iron-containing medications, fibre (eg. Metamucil) and constipation agents (eg. Gastro-stop, Imodium, Codeine, Lomotil) at least 5 days prior to your procedure.

Please advise your Specialist if you are taking ASPIRIN, WARFARIN or other blood thinning agents.

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

STEP 1 – FROM THREE DAYS PRIOR TO YOUR COLONOSCOPY

Avoid eating high fibre food, including grain bread, seeds, nuts, fresh fruit or raw vegetables. You may otherwise eat normally.

STEP 2 – ONE DAY PRIOR TO YOUR COLONOSCOPY

8.00am

LIGHT breakfast (2 slices of white bread with honey / vegemite (no butter or margarine))

Following breakfast approved clear liquids from the list below may be consumed. Throughout the day try to drink 1 glass of clear fluid each hour in order to retain hydration and blood sugar levels.

APPROVED CLEAR LIQUIDS:

- Water
- **CLEAR** salty fluids (eg. *STRAINED* chicken noodle soup, clear broth, or Vegemite in warm water).
- **CLEAR** Fruit juices (*apple, pear, coconut water, etc.*), cordials (*lemon or lime*), sports drinks (*yellow or clear*), or soft drink (*lemonade or ginger beer*)
- Black tea or coffee (*no milk or whitener. Sugar and artificial sweeteners are permitted*)
- Clear jelly (*lemon or pineapple*)
- Icy poles (*yellow, or clear only*). Any of the above may also be frozen for consumption

DO NOT CONSUME:

- Solid foods
- Dark coloured (red, purple, etc.) liquids
- Liquids that you cannot see through
- Alcoholic beverages

Between 6:00pm – 8:00pm

Mix **ONE sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **5 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



STEP 3 - DAY OF EXAMINATION

Between 6:00am – 8:00am

Mix **the second sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **4 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



Four hours prior to procedure:

FAST - Stop all oral intake, including water, chewing gum and lollies, until after the examination.

Bowel Prep can affect the efficacy of oral medication. Please check with your consulting Specialist if you have any concerns.

