



Patient Information

PicoPrep Colonoscopy Preparation Instructions

For a successful colonoscopy, it is very important that your bowel is thoroughly cleansed so that the lining of the bowel can be clearly seen. The preparation aims to clear your bowel so that by the morning of the procedure you are producing a clear or yellow return. A poor bowel preparation may result in the procedure being rescheduled or repeated. The preparation will initiate episodes of diarrhoea within 30 mins of commencement but can take as long as 6 hours to commence.

7 DAYS prior to your colonoscopy

- Cease Panadol and anti-inflammatory drugs
- Follow your Doctor's advice regarding ceasing prescribed blood-thinning medication

3 DAYS prior to your colonoscopy

- Stop all iron, fibre supplements and anti-diarrhoeal medications
- Commence the Low Fibre Diet
- If you have a history of constipation or have previously had inadequate bowel prep, please commence a non-fibre laxative such as:
 - Movicol (1 or 2 Sachets a day)
 - Senna tablets (2 per day)
 - Epsom salts (1-2 teaspoons per day)
- Continue Low Fibre diet and continue drinking water

1 DAY prior to your colonoscopy

At 5am – Have a light breakfast as per the Low Fibre Diet.

After breakfast - Commence clear fluids only. Clear fluids consist of; Water, apple juice (not cloudy), clear broth, strained soup, electrolyte replacement drinks, cordial, soft-drinks, barley sugar, ice-blocks and jelly (Note: these must not contain any red or purple colourings, dairy products or solids).

Premix and refrigerate each Pico solution in one glass of water and the Glycoprep sachet in 1 litre of water.

At 4pm – Drink 1 glass of the prepared Pico solution, followed by 1litre of clear fluids.

At 7pm- Drink 1 litre of Glycoprep over 2-3 hours which is 1 small glass every 20 minutes.

You may consume butterscotch or barley sugars whilst drinking the prep.

If you experience tenderness around the bottom, you may apply lanolin.

If you experience nausea, pause drinking for 30 minutes and then recommence.

****You must be fasted from 4 hours prior to your appointment time****

The preparation timing varies depending on your admission time for your procedure

Admission Time is 6am-9am

DAY OF PROCEDURE

12.30am - Consume final Pico solution followed by 1 x litre of clear fluids.

2am - You must now fast. Do not consume food, drink, smoke cigarettes, vape, chew gum or eat lollies after 2am.

Admission Time is 9.01am-12pm

DAY OF PROCEDURE

3.30am - Consume final Pico solution followed by 1 x litre of clear fluids.

5am - You must now fast. Do not consume food, drink, smoke cigarettes, vape, chew gum or eat lollies after 5am.

Admission Time is 12.01pm onwards

DAY OF PROCEDURE

6.30am - Consume final Pico solution followed by 1 x litre of clear fluids.

8am - You must now fast. Do not consume food, drink, smoke cigarettes, vape, chew gum or eat lollies after 8am.

Information on Diabetes Management:

- Prior to your procedure, please follow the advice provided by your usual treating Doctor to manage your diabetes medication.
- It is advisable to check your blood-glucose levels regularly.
- While consuming clear fluids, you may drink apple juice (not cloudy) in order to maintain your blood-glucose levels.

Key points to remember prior to your arrival:

- If you are unable to complete the bowel preparation, your bowel return is brown in colour or if it contains any solid matter please contact nursing staff at the Montserrat Hospital where your procedure is scheduled between 7am-7.30am. Visit www.montserrat.com.au/contact/ for a list of Montserrat locations and contact details.
- Arrive 60 mins prior to your appointment time – this will be confirmed over the phone by our team 1-2 days prior
- Wear comfortable clothing
- Arrange your personal transport home: You must be accompanied by a responsible adult and if not arranged prior to your admission, we may cancel your procedure.

Further Information



We encourage you to read the 'Patient Information Booklet' which outlines your rights and responsibilities as a patient for further information and advice.