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BOWEL PREPARATION INSTRUCTIONS FOR GEELONG PUBLIC HOSPITAL, GRETTA VOLUM CENTRE (MORNING)

DATE OF ROCEDURE:_____

This preparation is designed to cause frequent bowel movements within half to three hours. You will need to follow all the dietary restrictions set out bellow. The colon must be completely clean for the procedure to be accurate and complete, so be sure to follow the instructions carefully. Avoid eating seed containing food (eg. multi-grain bread etc) 3 days prior to your colonoscopy.

ARRIVAL TIME:

- Please ring **GVC on 4215 2841 the day prior** to your scheduled procedure to establish your arrival time.

DISCHARGE TIME:

- Your discharge time will vary but usually will be between 11 am and 2 pm. You will need to make arrangement to be driven home by a family member or friend or taxi and need to ensure that someone stays with you after your discharge.

DAY BEFORE YOUR PROCEDURE:_____

Drink only clear fluid (anything you can see through) for breakfast, lunch and dinner. Please drink as much water as you can (ideally more than 3 litres) throughout the day. **Solid food, milk or milk products are NOT allowed.** List of approved clear fluids include all the following that are not coloured red or purple:

- Strained fruit juices without pulp
- Water
- Clear broth or Bonox
- Coffee or tea (without milk or non-dairy creamer)
- Plain jelly (without added fruits or toppings)
- Clear ice blocks
- Carbonated and non-carbonated soft drinks
- Fruit flavoured cordials

At 10 AM:

- Dissolve one sachet of Picoprep™ in a glass of warm water and drink (you can refrigerate the mixed sample prior to drinking. Follow with one full glass (250ml) of approved clear fluid/water.
- Continue to drink clear fluids/water – more than one glass per hour if possible.

At 2 PM:

- Dissolve 2nd sachet of Picoprep™ in a glass of warm water and drink. Follow with 250ml of approved clear fluid/water.

At 6 PM:

- Mix Glycoprep™ powder with one (1) litre of water and drink the mixture slowly over the next one to two hours. Additional clear fluids may be taken up until midnight.

FAST AFTER MIDNIGHT

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