

## **BOWEL PREPARATION INSTRUCTIONS (AFTERNOON)**

**DATE OF PROCEDURE:** \_\_\_\_\_

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 below. 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:**

- ♦ **Geelong Private Hospital;** The day prior to your scheduled procedure, you will be contacted by the hospital and advised of your time of admission.
- ♦ **St John of God Specialist Centre;** The day prior to your scheduled procedure, you will need to contact the hospital on **5226 1393** between **2 pm and 5 pm** to find out your time of admission.

### **DISCHARGE TIME:**

- ♦ Your discharge time will vary but usually will be between 3 pm and 6 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:** \_\_\_\_\_

You may have a light breakfast (a piece of toast or cereal and cup of black tea or coffee). Thereafter drink only clear fluid (anything you can see through) for 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                | ♦ Plain jelly (without added fruits or toppings) |
| ♦ Water   | ♦ Clear ice blocks                               |
| ♦ Clear broth or Bonox                              | ♦ Carbonated and non-carbonated soft drinks      |
| ♦ Coffee or tea (without milk or non-dairy creamer) | ♦ Fruit flavoured cordials                       |

### **At 4 PM:**

- ♦ 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 8 PM:**

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

### **MORNING OF THE PROCEDURE AT 8 AM:**

- ♦ 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 10 am.

**PLEASE FAST AFTER 10 AM**