Dr Emily J. Prewett
M.B.B.S., F.R.A.C.P

Gastroenterologist
Provider No. 300344K

Suite 4, Level One
83, Myers Street
Geelong, 3220
Telephone: (03) 5223 2667
Facsimile: (03) 5229 3864

"Prepkit-C" Afternoon Preparation Information

PROCEDURE DATE: _____ _____ / _____ / _____

LOCATION:
- ☐ SJOG Specialist Centre, 83 Myers Street, Geelong (Ph: 5226 8888)
- ☐ SJOG Hospital (Main Theatre), 80 Myers Street, Geelong (Ph: 5226 8888)
- ☐ Gretta Volum Centre, Geelong Hospital, Bellerine Street, Geelong (Ph: 4215 2841)

Three (3) Days Before Your Procedure

- Avoid eating seed containing foods (eg: multi grain bread, muesli, etc)

The Whole Day Before Your Procedure (Prior to Starting Your Preparation)

DO's

DO drink only clear fluid (anything you can see through). Approved fluids are as follow:

- Strained fruit juices without pulp
- Water
- Clear broth or Bonox (eg: strained chicken noodle soup)
- Tea or coffee (without milk or non-dairy creamer)
- Plain jelly (without added fruits or toppings)
- Clear ice blocks
- Fruit flavoured cordials or lemon flavoured sports drinks

DO drink as much water as possible (ideally more than 2 litres)

DON'Ts

DO NOT eat any solid food, DO NOT consume milk or milk products, DO NOT consume pulp, pips or seeds, DO NOT consume stock cubes, DO NOT consume red or purple food colourings

The Day Before Your Procedure

- At ***4.00pm*** dissolve the first sachet of Picoprep in 250ml of water and drink. Drink another 250ml of clear non-alcoholic fluid
- Continue to consume at least 250ml of clear non-alcoholic fluid per hour
- At ***8.00pm*** dissolve the second sachet of Picoprep in 250ml of water and drink. Drink another 250ml of clear non-alcoholic fluid

The Morning of Your Procedure

- At ***8.00am*** mix Glycoprep powder with 1 litre of water. Drink mixture slowly over the next 1-2 hours
- Continue to consume clear non-alcoholic fluid until 2 hours prior to your hospital admission
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This preparation will produce diarrhoea. This indicates cleansing of the bowel. You will know that your bowels are clean when the liquid coming away from your bowel is clear, lemon-coloured fluid with no solid particles.

NIL BY MOUTH FROM 2 HOURS PRIOR TO YOUR HOSPITAL ADMISSION

PLEASE NOTE:

- Take regular medications (except iron tablets) with a sip of water
- You will **NOT** be able to drive yourself home and should arrange for someone to drive you
- You should also arrange for someone to be with you for the remainder of the day and overnight
- If you develop strong abdominal pain or unexpected and painful abdominal distention at any stage during this bowel preparation, stop immediately and contact your doctor
- Diabetic patients, please bring you usual diabetic medications with you and pay special attention to medication instructions