

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:

- ♦ You will be contacted by the hospital and advised of 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 liters) 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 flavored cordials

At 4 PM:

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

MORNING OF THE PROCEDURE AT 8 AM:

- ♦ Mix GlycoprepTM powder with one (1) liter 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

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