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| **PREPARATION FOR COLONOSCOPY**  |  |
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| **PLEASE NOTE THIS IS AN AFTERNOON LIST – COMMENCING 1:30 pm\*** |
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| **DATE of PROCEDURE:**  |
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| **PROCEDURE TIME:**  |
| **PLEASE ARRIVE : 30 MINUTES BEFORE PROCEDURE TIME**  |
| You will need to purchase **PrepKiT-C** from your pharmacist. Allow a few days for your pharmacist to order this if necessary. This kit contains one Glycoprep-C 70g sachet, and two PicoPrep 15.5g sachets.The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.**STOP ALL IRON CONTAINING MEDICATIONS** at least one week prior to your procedure. (you can continue with any other regular medications). |
| **TWO DAYS BEFORE EXAMINATION -**  |
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| * **Stop eating brown bread, cereals,**
 | **You may eat egg, steamed white fish, boiled** |
| * **Do not have anything with seeds in it**
 | **chicken, cottage cheese, low fat plain yogurt** |
| * **Do not have any yellow cheese**
 | **white bread, white pasta, white rice, clear**  |
|  | **fruit juices (apple & pear) plain jelly, skim milk and well-cooked pumpkin or well-cooked peeled potato.**  |
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| In the evening make up the sachet of Glycoprep C 70g with 1 litre of water, following the INSTRUCTIONS on the back of the packet. Chill in the refrigerator until required to drink the **following evening.** **Do not discard empty pack to ensure directions to make up the solution are followed completely.****Please follow the diet instructions on these information sheets and disregard those on the pack as they do conflict. You do not need to use sugar-free products unless you are diabetic or are instructed by the proceduralist.** |
| **DAY BEFORE EXAMINATION -**  |
| **DURING THE DAY, DRINK AT LEAST THREE LITRES OF APPROVED CLEAR LIQUIDS (PLUS PREPARATION LIQUIDS)** |
| No solid foods, no milk products allowed |  | Drink only **approved** clear liquids \*\* all day |
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| **APPROVED CLEAR LIQUIDS**: (A good combination of these clear fluids, including strained chicken noodle soup, will give you a variation in fluid intake).Water, clear salty fluids (eg strained chicken noodle soup) clear broth/bouillon, clear fruit juices (apple and pear), plain jelly, black tea or coffee (**no milk**), sports drinks, carbonated beverages, barley sugar, clear fruit cordials, (clear lemon/lime). No red or purple colourings. |

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| Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities. |
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| **1.** | **4:00 pm** | **FIRST DOSE** |
|  |  | Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250 ml) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour) in order to retain hydration throughout your body. |
| **2.** | **7:00 pm** | **SECOND DOSE** |
|  |  | Remove the made up Glycoprep-C from the refrigerator following the INSTRUCTIONS on the back of the GlycoPrep-C packet. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approximately l hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. |
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|  | **DAY OF COLONOSCOPY** |  |
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| **3.** | **6:00 am** | **THIRD DOSE** |
|  |  | Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx. 250 ml) and stir until dissolved. Chill for half an hour in the refrigerator if preferred. Drink mixture slowly but completely. This should be followed by at least 1 litre of water or Approved Clear Liquids by 8 am. |
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|  | **FROM 8:00 AM: NOTHING TO EAT OR DRINK (Including water)****ANY ESSENTIAL REGULAR MEDICATION TO BE TAKEN WITH THE SMALLEST SIP OF WATER POSSIBLE** |  |
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| 1. You will be able to go home about 3 – 4 hours later
2. **DO NOT DRIVE.** You will need to arrange transport home with a relative or friend.
3. Please do not wear valuable jewellery or nail varnish
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