



PICOPREP – AFTERNOON PROCEDURE

STOP eating anything with **seeds, grains, wholemeal, nuts** or **dried fruits** - **5 days before colonoscopy**

- For a successful colonoscopy the bowel must be completely clean so important findings are not missed. Please follow these instructions carefully.
- The preparation causes diarrhoea that should become clear when the bowel is clean.
- Once you start preparation medicine, remember to drink lots of clear fluids to avoid dehydration.

Bowel preparation:

You will need to purchase 3 sachets of **PICOPREP**.

This is available from most pharmacies without a prescription.

Dissolve each sachet in a glass of water (200-250mls).

The day before your colonoscopy – DATE: ____/____/____	
Before 2PM	<p>Have a light breakfast and lunch by 2PM.</p> <p>Sample breakfast: Glass of Milk Rice bubbles with milk and white sugar Scrambled eggs and white toast</p> <p>Sample lunch: White bread sandwich with sliced chicken breast, cream cheese or mayonnaise A white chocolate Freddo Frog or Lemonade icy pole or a handful of “milk bottles” (lollies)</p> <p>For other food options see White Diet (below).</p>
From 2PM	<p>You should have no solid food or milk products. You should only have clear fluids.</p> <p>Clear fluids include: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)</p>
At 7PM	<p>Have 1 glass of PICOPREP followed by 1-2 glasses of water Continue to drink Clear Fluids</p>
At 9PM	<p>Have 1 glass of PICOPREP followed by 1-2 glasses of water Continue to drink Clear Fluids</p>
The day of your colonoscopy – DATE: ____/____/____	
Until 10AM	Continue drinking Clear Fluids

At 10AM	<p>Have 1 glass of PICOPREP followed by 1-2 glasses of water Continue to drink Clear Fluids</p> <p>Then</p> <p>FAST - NO food, NO drink, NO water</p>
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WHITE DIET

Food/fluids ALLOWED

- CLEAR FLUIDS are allowed in the white diet: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Milk, white colored yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles"(white confectionery)

Food NOT ALLOWED

- Anything not listed above
- Other white colored foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn