

BOWEL PREPARATION INSTRUCTIONS
AFTERNOON

You should have received a prescription for Prepkit Orange. Please do not exceed the recommended dosage. The preparation will cause multiple bowel movements. Individual responses to laxatives will vary; it may take effect within 30 minutes but could take up to several hours. Please remain within easy reach of toilet facilities.

**If you are taking anticoagulation therapy (Warfarin, Aspirin etc.)
please contact us for additional instructions.**

Two days before your procedure:

Start Low Fibre Diet and Approved Liquids.

- Rice bubbles, Cornflakes, reduced fat milk (Green top), Soy or Almond Milk, Eggs (not fried), Plain tinned spaghetti, plain crackers, white bread or toast (not high fibre), plain biscuits (arrowroot or superwines)
- Butter, Margarine, cheese, honey, Marmite or Vegemite
- Fish, Skinless chicken (**no red meat**)
- White rice, plain white pasta, Skinless potatoes or Kumara **but no other vegetables.**
- **No fruit, pips, seeds nuts, brown or wholemeal bread, no muesli**

Liquids:

- Drink plenty of Water, Carbonated & non-carbonated soft drinks (lemonade, gingerale etc), Isotonic drinks Powerade, Mizone – LEMON FLAVOR, Electrolye drinks.
- Strained fruit juices (avoid any pulp, or thoroughly strain the pulp out)
- Clear broths (e.g., Bovril, strained clear packet noodle soups)
- Tea/Coffee (black)
- Jellies (avoid any added fruit or toppings), Clear ice blocks.

The day before your procedure, prior to 7am have a light breakfast then.....

1. **Stop all solid food as well as milk, or milk products** - these are not permitted.
2. Drink clear fluids only. **Avoid any product coloured red or purple.** (see list above)
3. **At 6.00pm:** Dissolve one sachet of PicoPrep Orange in a glass (250mls) of warm water, and drink. Follow with one full glass of approved clear liquid.
4. **At 9.00pm:** Dissolve one sachet of GlycoPrep Orange into 1 litre of warm water. Drink a glass of prepared solution every 15 minutes until completed. This should take approximately 1 hour.
5. **The day of your procedure at 8.00am** (Day of procedure) Dissolve one sachet of PicoPrep Orange in a glass (250mls) of warm water, and drink. Follow with one full glass of approved clear liquid.
6. To keep hydrated aim to drink at least 1 glass of approved clear liquids each hour to ensure adequate hydration.

On the day of your examination:

1. Stop all fluids two hours prior to your admission time.
2. Please report to the hospital at the assigned time.

PLEASE DO NOT HESITATE TO CONTACT OUR CLINIC IF YOU HAVE ANY QUESTIONS