



INNER WEST GASTROENTEROLOGY

PATIENT INSTRUCTIONS *PREPKIT-C (SPLIT PREP)*

THIS KIT CONTAINS Two packets PicoPrep 15.5g sachets & One packet GlycoPrep C 70g sachet

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.

DAY: _____

☿ TWO DAYS BEFORE EXAMINATION:

- » **Stop all iron containing medications** (Continue with your regular medication). Stop eating brown bread, cereals, vegetables & fruit. Do not have anything with seeds in it. Do not have any yellow cheese.
- » You may eat egg, steamed white fish, boiled chicken, cottage cheese, low fat plain yogurt, white bread, white pasta, white rice, clear jelly, skim milk and well cooked pumpkin or well cooked peeled potato. Drink at least 3 litres of approved clear liquids.
- » In the evening, make up the sachet of GlycoPrep-C with one litre of water. Place in Refrigerator. Do not discard the empty sachet to ensure directions are followed completely.

DAY: _____

☿ ONE DAY BEFORE EXAMINATION:

- » **During the day, drink at least one glass of clear fluid (Plus preparation liquids) each hour. Keep drinking approved clear fluids until bedtime.**
- » No solid foods, no milk products allowed
- » Have low residue foods for breakfast; Drink only approved clear liquids for lunch and dinner

APPROVED CLEAR LIQUIDS:

At least 2 bottles of **SPORTS DRINKS (500mL each)** . Other alternatives: Water | Clear Fruit Juices (Apple, Pear & Grape) | Clear Soups | Plain Jelly | Black Tea or Coffee (no milk) | Bonox | Carbonated Beverages | Barley Sugar | Clear Fruit Cordials (Clear Lemon, Lime) (No red or purple colourings).

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.

First Dose 4.00pm: Add the entire contents of one sachet of PicoPrep to a glass of warm water (approximately 250mLs) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. This should be followed by adequate glasses of water or approved clear liquids** (see above) – at least a glass per hour – in order to retain hydration throughout the body.

Second Dose 6.00pm: Remove the made up GlycoPrep-C from the refrigerator as per instructions above. Try to drink a glass of the prepared solution about every 15 minutes. Total intake time should take approximately one (1) hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

DAY: _____

☿ DAY OF EXAMINATION:

Third Dose: (FOR MORNING PROCEDURE):

5.00am: Repeat the above with the third sachet of PICOPREP and continue drinking clear fluids until 6am. **NIL BY MOUTH after 6am.**

Third Dose: (FOR AFTERNOON PROCEDURE):

9.00am: Repeat the above with the third sachet of PICOPREP and continue drinking clear fluids until 10am. Drink only approved clear liquids at breakfast. **NIL BY MOUTH after 10am.**



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