

INNER WEST GASTROENTEROLOGY

PREPKIT ORANGE



FOLLOW THE INSTRUCTIONS ON THIS SHEET CAREFULLY. **DO NOT FOLLOW THE INSTRUCTIONS ON THE PREPKIT ORANGE BOX**



Instructions for your upcoming colonoscopy:

- Visit your local chemist and ask for Prepkit Orange. No prescription is required
- Prepkit Orange contains 2 sachets of Picoprep & 1 sachet of Glycoprep
- You can take all your regular medications except for the following:
 - a) **Iron tablets** – Stop 2 days prior to colonoscopy and you can resume after
 - b) **Blood-thinning medications** – e.g. Aspirin (*Cartia*), Clopidogrel (*Plavix*), Aspirin/Clopidogrel (*Co-Plavix*), Ticagrelor (*Brilinta*), Dipyridamole (*Persantine*), Warfarin (*Coumadin/Marevan*), Clexane (*Enoxaparin*), Dabigatran (*Pradaxa*), Apixaban (*Eliquis*): Discuss with your doctor to continue or stop these prior to your colonoscopy. The decision will depend on your risks and benefits
 - c) **Diabetic medications** – e.g. Tablet or insulin. You will be given specific instructions
- 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
- 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.

Two days before your colonoscopy:

- STOP taking any medicine with iron in it (ask your doctor if you're not sure)
- Prepare Glycoprep + 1 litre of water in a jug and place in refrigerator so it's cold and ready to drink tomorrow



ONLY eat & drink:

Food: eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

Drink: water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.



DO NOT eat & drink:

Food: fruits, vegetables, brown bread, cereals, nuts, seeds, yellow cheese.

Drink: alcohol, Metamucil, fruit/vegetable smoothies.

The day before your colonoscopy:

- Eat breakfast (only the foods listed above)
- No more solid food after breakfast
- Drink one 250ml glass of water (or other approved clear fluids listed below) every hour to keep hydrated
- **NO SOLID FOODS AFTER BREAKFAST, ONLY APPROVED CLEAR FLUIDS**

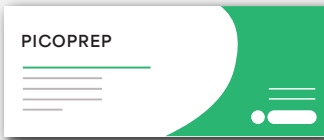
The day before your colonoscopy (continued):

NO SOLID FOODS AFTER BREAKFAST. ONLY APPROVED CLEAR FLUIDS:



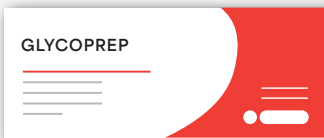
Approved clear fluids:

Water, clear fruit juice (apple/pear/grape), black tea, black coffee, plain jelly, clear vegetable broth, clear chicken broth, lemonade, ginger ale, sports drink (no red/purple colouring).



At 4 pm drink the first PicoPrep:

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- Once finished, drink another glass of approved clear fluid in the next hour



At 6 pm drink Glycoprep (prepared yesterday):

- Drink one glass (approx. 250mls) of this mixture every 15 minutes for 1 hour
- NOTE: If you feel sick, drink the mixture slowly
- Once finished, drink approved clear fluids throughout the evening to stay hydrated

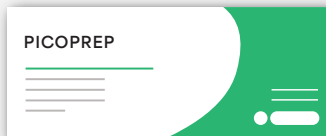


Ensure you are close to toilet facilities:

These powdered drinks will cause diarrhoea, which can last 2-3 hours or longer in some cases

The day of your colonoscopy:

Please
Tick

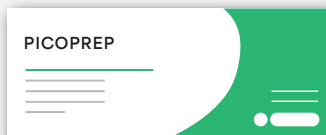


If your colonoscopy is in the MORNING:

At 5 am drink the second PicoPrep:

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- You can drink approved clear fluids until 6 am.
- After 6 am have nothing to eat or drink (not even water).

Please
Tick



If your colonoscopy is in the AFTERNOON:

At 9 am drink the second PicoPrep:

- Mix PicoPrep + 250mls glass of water
- Stir until dissolved and drink mixture
- You can drink approved clear fluids until 10 am.
- After 10 am have nothing to eat or drink (not even water).

DR GOKUL TAMILARASAN MBBS, FRACP
Gastroenterologist & Hepatologist



Provider Number: 4485086J Healthlink EDI: iwgastro

Chris O'Brien Lifehouse

119-143 Missenden Road, Camperdown NSW 2050

Phone 02 9030 4660

Fax 02 9030 4665

Email admin@iwgastro.com.au

Web www.iwgastro.com.au