***Surgical Consulting Rooms Wangaratta***

**Mr Cichowitz - AM Lists – Benalla and Yarrawonga 6 Green Street**

 **WANGARATTA 3677**

 **Tel:(03)**57214366

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**BOWEL CLEANSING/PREPARATION INSTRUCTIONS (PICOPREP 3)**

**HOW TO PREPARE FOR YOUR PROCEDURE**
Continue to take your regular medications prescribed by your local doctor up until the time of your procedure.

**10 DAYS BEFORE YOUR PROCEDURE**

If you are on diabetic medications or on Warfarin or Clopidogrel (also known as Iscover and Plavix) you will need to check with your doctor in advance regarding these medications.

**5 DAYS BEFORE YOUR PROCEDURE**

Cease the following medications:

* Iron tablets
* Anti-Inflammatory (e.g. Naprosyn/Indocid/Voltarin/Ibuprofen/Celebrex)

**3 DAYS BEFORE YOUR PROCEDURE**

\*\*\* Any foods with seeds or grains should be avoided for 3 days prior to the procedure e.g. wholegrain bread, muesli, tomatoes, passionfruit, porridge etc. \*\*\*

**THE DAY BEFORE YOUR PROCEDURE**

**DRINK CLEAR FLUIDS ONLY – NO SOLID FOOD AT ALL**

**Do not have breakfast prior to commencing your Picoprep 3.**

1. For the procedure to be successful the large bowel must be adequately cleansed.
2. You must drink three (3) sachets of the Picoprep 3 to cleanse the bowel as indicated below.
3. Picoprep 3 sachets can be purchased over the counter at any Chemist. No script is needed.
4. \*\*\*This preparation if not suitable for some patients with heart or kidney problems or diabetes so please discuss this with your doctor before taking this preparation if this is applicable to you \*\*\*

**HOW DO YOU TAKE PICOPREP**

**9AM** At 9am dissolve the contents of 1 sachet of Picoprep in a glass of water & drink the contents followed by 2 glasses of water. Continue drinking clear fluids. Try to drink a minimum of 1-3 glasses of water an hour together with the other approved fluids to prevent dehydration.

**2PM** At 2.00pm repeat the above with the second sachet of Picoprep and continue drinking clear fluid.

**7PM** Again in the evening at 7.00pm repeat the above with the third sachet of Picoprep and continue drinking clear fluids.

**\* \*\*This preparation will cause multiple bowel movements; it may work within 30 minutes but usually 2-3 hours following each sachet\*\*\***

The following **approved clear fluids** are to be consumed only.

**These include:-**

* Water
* Black tea or coffee (with sugar if desired but no milk)
* Clear soup
* Dissolved stock cubes in water
* Lucosade or Staminade (yellow or orange flavour only)
* Apple juice (but not orange juice)
* Ginger beer / Dry ginger ale
* Soft drink / mineral water/ cordial (clear, yellow or orange only)
* Jelly (yellow or orange only)

**Do not have dark coloured fluids such as red, purple, black, green or blue.**

**You are encouraged to have plenty of fluids during the entire day prior to your colonoscopy. Ensuring that there is a mixture from the above list.**

**You may continue drinking 200mls of *WATER ONLY* per hour up until 2 hours prior to your admission time.**

**\* PLEASE SEE REVERSE FOR FURTHER INFORMATION\***

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**\*\*\* IT IS IMPORTANT, PRIOR TO ATTENDANCE FOR YOUR PROCEDURE, TO HAVE MADE ARRANGEMENTS FOR SOMEONE TO TAKE YOU HOME AND STAY OVERNIGHT\*\*\***

\*Due to the anaesthetic you receive **you are unable, for the next 24 hours**, to:-

Drive a car

Drink alcohol

Operate machinery

Sign any legal documents or make any legal decisions.

If you have any concerns regarding this preparation please phone the rooms at 6 Green Street Wangaratta on

 (03) 57214366.