

Information for patients, families and carers

## **PicoPrep<sup>®</sup>/Picosalax<sup>®</sup> and ColonLYTELY<sup>®</sup> 16 yrs. and over preparation for Colonoscopy**

### **Who is this information for?**

This information is for paediatric patients over the age of 16 years who will be having a colonoscopy at Monash Health Endoscopy Services and their families.

### **Important**

1 week prior to the colonoscopy stop iron tablets (if you are taking them)

NOW: Please read both pages carefully

2 days prior to the colonoscopy please commence a low fibre diet.

You must NOT eat grains, nuts, seeds, red meat, fruit with seeds, high fibre breads, peas, cucumber, carrots and corn.

You can eat eggs (not fried), white bread, cheese, white rice and pasta, well cooked vegetables such as potatoes and pumpkin, fish, chicken, dry biscuits, cereals without nuts

### **Planning for Bowel Preparation**

Bowel Preparation- Two (2) sachets of PicoPrep<sup>®</sup> or Picosalax<sup>®</sup> and One (1) sachet of ColonLYTELY<sup>®</sup> (70g). Purchase these from a pharmacy

Please disregard the instructions on the packets and follow these instructions instead.

### **Instructions for Bowel Preparation – day prior to procedure**

Before 8am - Have breakfast from list above. NO more food till after procedure the next day.

After 8am - Commence and continue on clear fluids only. Drink at least 8 glasses of clear fluids up until 3 pm.

Clear fluids are any drink that is transparent when held up to the light. This includes apple juice, lemonade icy poles, black tea, broth and water. Not drinks with pulp such as orange juice and not drinks with milk in them. No red or purple cordials/icy poles

Add the ColonLYTELY<sup>®</sup> sachet to 1 litre of water and refrigerate.

## Information for patients, families and carers

**3 pm - Add 250 mL of water to PicoPrep<sup>®</sup> or Picosalax<sup>®</sup> sachet in a large glass and drink.**

**5 pm - Drink 1 glass of ColonLYTELY<sup>®</sup> every 15 minutes until completed.**

**7 pm - Add 250 mL of water to second PicoPrep<sup>®</sup> or Picosalax<sup>®</sup> sachet in a large glass and drink.**

Drink at least 6 glasses of approved clear fluids from 5pm till bedtime. It is important to continue drinking large amounts of clear fluids to prevent dehydration. Please remember to stay near a toilet after commencing the bowel preparation. Diarrhoea will occur.

**Please drink slowly. Try using a straw.  
If you feel sick STOP, and try again later**

## Day of Procedure - Fasting

AM procedure - No more drinks from 6 am. You are now fasting. This includes not having chewing gum, lollies, fruit, ice or water

PM Procedure - No more drinks from 11 am. You are now fasting. This includes not having chewing gum, lollies, fruit, ice or water.

Instructions for bowel washouts and admission can vary greatly. Please refer carefully to any additional instructions from the gastroenterologist or Endoscopy Liaison nurse.

Unfortunately, if the bowel preparation is inadequate the colonoscopy may not be able to be completed.

## For information



If you have any questions regarding this booking please contact the Endoscopy Liaison Nurse 1800 786 188