

PicoPrep[®] or Picosalax[®] preparation for Colonoscopy (standard dose)

Who is this information for?

This information is for paediatric patients who will be having a colonoscopy at Monash Health Endoscopy Services and their families

Important

1 week prior to the colonoscopy stop iron supplements (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 PicoPrep[®] or Picosalax[®] - 2 sachets
- Purchase PicoPrep[®] or Picosalax[®] from a pharmacy
- Please disregard the instructions on the packets and follow these instructions instead.

Instructions for Bowel Preparation – day prior to procedure

Before 12pm (lunchtime) - Have lunch from list above. NO more food till after procedure the next day.

After 12pm (lunchtime)- Commence and continue on clear fluids only.

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

At **1pm** drink the 1st glass of PicoPrep[®] or Picosalax[®]

Between 1pm and 5pm drink 4 glasses of clear fluids

At **5pm** drink the 2nd glass of PicoPrep[®] or Picosalax[®]

Between 5pm and bedtime drink 4 glasses of clear fluids

You may drink more clear fluids up until the time that you start fasting if you are thirsty.

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