

**Dr. Brindi Rasaratnam M.B.B.S. (Hons), FRACP, Ph.D**  
**Gastroenterology, Hepatology & Endoscopy**

**Dr. Qurat-UI-Ain Rizvi M.B.B.S, FRACP, BMedSci**  
**Gastroenterology. Hepatology & Endoscopy**

---

**ALL ENQUIRIES & BOOKINGS – Tel: 9790 0188, Fax: 9790 0077**

**PICOPREP PREPARATION - PATIENT INFORMATION.**

*Please purchase from chemist: 3 PicoPrep 15.5g sachets*

*Please consult with your doctor for advice prior to ceasing any medications.*

**Note: 7 DAYS BEFORE EXAMINATION STOP ALL IRON CONTAINING MEDICATIONS AND BLOOD THINNING AGENTS INCLUDING WARFARIN, ISCOVER, ASASANTIN, PLAVIX.**

**3 DAYS BEFORE EXAMINATION STOP MEDICATIONS INCLUDING BRILANTA, XARELTO, EFFIENT, ELIQUIS.**

**(In you are uncertain or not allowed to stop medication please discuss with GP/Specialist or MDC doctors):**

**You may continue to take Aspirin, Cartia and Cardiprin.**

**AFTERNOON PROCEDURE**

1. **FOUR DAYS** before the procedure, stop taking any fibre supplements and iron containing medications. Continue taking your usual medications up until the time of the examination.
2. **TWO DAYS** before the procedure, reduce the amount of fibrous and fatty food you eat by restricting your intake to corn flakes, rice bubbles, white bread (no added fibre), lean meat, poultry, eggs, fish, fleshy fruits (no seeds, husk or skin), mashed vegetables, white (plain biscuits), plain cake, low fat milk, a little butter/margarine, tea, coffee, fruit juices and soft drink. Avoid herbal supplements.
3. **ONE DAY** before the procedure, have a light breakfast eg. low fat milk, a little butter/margarine, tea, coffee, fruit juice and white bread (no added fibre with honey/vegemite). Have a light lunch – sandwich with egg and clear soup/broth. After 1.00pm limit yourself to clear fluids such as water, strained fruit juice, jelly (lemon or orange only, not red, green or purple colours) tea or coffee (no milk), Bonox, Lucozade, lemon cordial, lemonade and clear broth. Do not have any solid food at all.

*A vital part of this preparation is the fluid that you drink. Not only does this prevent dehydration, it forms an important part of the bowel cleansing process. You must maintain adequate fluid intake at a rate of approximately 200ml of liquid for every sachet of Picoprep (1.5 to 2.5 litres in all – it is best to stay well hydrated).*

*If you do not maintain adequate fluid intake, serious dehydration and/or electrolyte disturbances may occur in some at risk patients. If you are having any difficulty with the bowel preparation or if you have any questions regarding your colonoscopy, please phone the office on 9790 0188 (Business hours).*

**First dose of Picoprep (8.00pm in the evening the day before the procedure):**

Add contents of one sachet to a glass of water and stir until effervescence ceases. Drink the mixture gradually but completely (using a straw can be helpful). This can be followed by as many glasses of water or clear fluids as desired in order to satisfy thirst.

Be prepared for frequent bowel movements within three hours of the first dose. Some intestinal cramps are normal.

**Second dose of Picoprep (7.30am on the morning of the procedure):**

200mL per hour of clear fluids.

**Third dose of Picoprep (9.30am on the morning of the procedure):**

200mL per hour of clear fluids.

**YOU MUST FAST FROM 11AM (NO FOOD OR FLUIDS).**