

# AFTERNOON COLONOSCOPY PREPARATION

## Why is Preparation Important?

It is important that your bowel is completely clear prior to undergoing a colonoscopy. A small abnormality may not be detected if your bowel is not completely clear. Once you complete the preparation described below, you should be passing clear to yellow coloured liquid diarrhoea.

If your bowel actions remain brown or cloudy, please contact us on **9368 2333** for advice.

If you are also having a **Gastroscopy** as part of the booked procedure, there is **no additional** preparation required. Please follow the steps outline below and fast from **9am** on the day of the procedure.

## The Day Before your Procedure

You need to begin your preparation on the day **before** your procedure. You may have a light breakfast on the day before your procedure but you **must not eat any solid foods after 9am**, and you must **only drink clear fluids** after this time (see list of suggested options overleaf). Follow the instructions below carefully and please contact us if you are unsure or have any questions about the preparation on **9368 2333**.

**Note:** You can prepare the Pico Prep sachets the night before and place in the fridge to chill as this improves its palatability. You can also add cordial to the mixture (no red or blackcurrant) if you prefer.

<b>Step 1</b>		At <b>9am</b> , dissolve <b>1 sachet</b> of Pico Prep in <b>250mL</b> of warm water. Stir well, then place in the fridge to chill.
<b>Step 2</b>		Take <b>all 3 Dulcolax®</b> tablets at <b>11am</b>
<b>Step 3</b>		At <b>12 noon</b> , drink the <b>250mL</b> of the Pico Prep mixture. You should drink this over <b>1- 2 minutes</b> followed by <b>3 glasses</b> of water. Prepare the second sachet of Pico Prep as outlined in Step 1. Make sure you drink at least <b>1 glass</b> of clear fluids every hour.
<b>Step 4</b>		At <b>6pm</b> , drink the second <b>250mL</b> of Pico Prep, following the steps outlined above in Step 3. Continue to drink clear fluids. Dissolve the third sachet of Pico Prep in <b>250mL</b> of warm water and then place in the fridge to chill.
<b>Step 5</b>		At <b>6am on the day of the procedure</b> , drink the third Pico Prep mixture. Continue to drink clear fluids until <b>9am</b> .

**Note! NO FOOD AFTER MIDNIGHT. YOU CAN DRINK CLEAR FLUIDS UNTIL 9am on the morning of your procedure**

## What you will need to begin the Preparation:

Please purchase from your local Pharmacy:

- 3 Dulcolax® tablets
- 3 sachets of Pico Prep®

A prescription is **Not** required for these.

You may find that applying Vaseline or nappy rash cream around the anus may help to prevent burning or pain.

## What if I feel nauseated or unwell?

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If you experience nausea whilst taking the preparations, continue to sip clear fluids slowly and delay the next glass of Pico Prep for 2 –3 hours until the nausea passes.

If the nausea persists or you start to vomit which prevents you from completing the preparation, please contact South Perth Hospital Endoscopy Unit on **9368 2333** for advice.

The preparation may also make you feel bloated or cause abdominal cramps. A heat/hot pack or simple analgesia such as paracetamol may provide some relief. Please contact South Perth Hospital Endoscopy Unit on **9368 2333** for advice if these symptoms prevent you from continuing with the preparation.

## What should I bring with me on the day of the procedure?

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You should wear loose fitting 2 piece clothing (shirt & trousers/skirt) as this will be more comfortable for you after the procedure.

You must also remember to bring:

- All relevant X-rays
- Your Medicare card
- If you have one, your private Health insurance card or DVA card (if applicable)

Please leave all valuables at home.

You must also **NOT bring or wear any jewellery.**

## Recommended Clear Fluids

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It is important that you remain well hydrated while taking the preparations. Listed below are some fluids which are suitable to drink whilst preparing for your colonoscopy.

- Water
- Soda water
- Mineral water
- Black tea or coffee
- Bonox®
- Lemonade
- Ginger ale
- Apple juice
- Lemon cordial
- Gatorade® or Powerade® - yellow or orange only (no red or blue colourings)
- Beef or chicken consommé
- Jelly (not red)

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