

# Dr Jodie Ellis-Clark

B.Med FRACS

Colorectal Surgeon

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## PLEASE TAKE THIS FORM TO YOUR CHEMIST & OBTAIN THE KIT

**PICOPREP 3      MOVIPREP      DIACOL TABLETS      GLYCOPREP      PREPKITC**

**The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.**

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- **STOP** all **IRON** containing medications at least **FIVE** days prior to your procedure.
  - **STOP BLOOD THINNERS** as directed by your cardiologist
  - Continue with your regular medication.
  - **DO NOT** eat seeds or nuts for **ONE week** before your colonoscopy.
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**Take 1 sachet Movicol 1week before**

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### **ONE DAY BEFORE EXAMINATION**

During the day drink as much as possible, at least one glass of clear fluid each hour. Keep drinking approved clear fluids until 2 hours before admission **NO SOLID FOODS, NO MILK PRODUCTS ALLOWED**

### **Whilst on Clear Fluids you are allowed**

Water, Black Tea, Black Coffee	Clear Soup – strain bits out before drinking. Yellow or Orange Jelly
Cordial – orange or lemon <b>NO</b> Red, Green, Purple or Blue	Sports Drinks eg Gatorade or Powerade <b>NO</b> Red, Green, Purple or Blue
Fruit Juice – pulp free orange or clear apple	Beef tea, eg Bovril, Bonox. Soup cubes eg stock cube in hot water

### **1. FIRST DOSE:**

Add the entire contents of ONE sachet of \_\_\_\_\_ in a glass of warm water (approx 250mls) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly, but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour) in order to retain hydration throughout your body

### **2. SECOND DOSE:**

Repeat the above with the second sachet of \_\_\_\_\_ and continue *drinking lots* of water.

### **3. THIRD DOSE:**

Repeat the above with the third sachet of \_\_\_\_\_

1. and continue *drinking lots* of water until 2 hours before admission