

COLONOSCOPY PREPARATION

PICOSALAX (MORNING PROCEDURE)

Please read these instructions carefully at least one week prior to the procedure.

A good quality bowel preparation where the colon is completely clear of faeces is vital to an accurate and complete assessment of the colon. If the preparation is unsuccessful, the procedure may have to be postponed or repeated.

You can obtain **PICOSALAX** from reception at Yarra Gastroenterology or from your local pharmacy.

While most medications can be taken up to and on the day of the procedure, **blood thinners** (including Clopidogrel, Warfarin, Xarelto, Apixaban, Brilinta) and **diabetic medications** including insulin may need to be adjusted or stopped in the days before the colonoscopy. These medications need to be discussed with your gastroenterologist or GP at least a week before the procedure.

5 DAYS BEFORE THE PROCEDURE

Stop taking iron tablets and anti-diarrhoeal drugs.

3 DAYS BEFORE THE PROCEDURE

Avoid foods with nuts and grains.

DAY PRIOR TO THE PROCEDURE

Have a light breakfast and lunch. After this you are only allowed to drink clear fluids (listed below), and are encouraged to do so throughout the day.

6.00 pm Mix one sachet of **PICOSALAX** in 150mL of water. Drink slowly and follow with 2 glasses of water and a total 1.5 to 2 litres of clear fluids.

8.30 pm Drink the 2nd sachet of **PICOSALAX** (added to 150mls of water), followed by 1 to 1.5 litres of clear fluids. You can continue to drink clear fluids until midnight, after which you should fast.

DAY OF THE PROCEDURE

Take regular medications with a sip of water except those advised to cease.

CLEAR FLUIDS

Water | Clear Soup / broth | Black tea / coffee | Clear fruit juice | Clear soft drink | Icy poles (clear)
Cordials (no red / blue or purple)



CAUTION

Bowel preparation may affect the effectiveness of the oral contraceptive pill.
If you have any questions contact Yarra Gastroenterology.