

COLONOSCOPY PREPARATION

PREP KIT C (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 **Prep Kit C** 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

In the morning dissolve **Glycoprep C** in 1L of warm water and place in fridge to chill.

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

5.00 pm Mix one packet of **PICOPREP** to 250mL of water. Drink slowly and follow with 3 glasses of water

7.30 pm Start drinking the litre of chilled glycoprep solution over the next 60 to 90 minutes (Approximately 250mls every 15-20 minutes).

8.30 pm Drink the 2nd sachet of **PICOPREP** (added to 250mls of water), followed by at least 2 250ml glasses of water

DAY OF THE PROCEDURE

Take regular medications with a sip of water except those advised to cease. You may continue to drink clear fluids until 4 hours prior to the procedure.

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.