




### PREPARATION FOR **AFTERNOON PROCEDURE**

The bowel preparation induces frequent, loose bowel movements within one to three hours of taking the first dose. It is best to stay at home within easy reach of toilet facilities.

Please obtain from Chemist

2 x 15.5g PicoPrep sachets  
1 x 70g Glycoprep-C sachet

<b>2 Days Before</b>		<b>NO</b> seeds or nuts
<b>The Day Before</b>	<b>Breakfast &amp; Lunch</b>	<ul style="list-style-type: none"> <li>Have normal breakfast and light lunch (before midday). <b>OK</b> poached eggs, stewed fruit, clear soup, steamed chicken/fish <b>NO</b> seeds, no nuts, no bread, no cereals, no pasta, no rice</li> <li>After lunch have approved clear fluids for remainder of the day (refer to list of clear fluids below). <b>NO</b> solid food, no milk, no milk products</li> </ul> <p><b>Mix the Glycoprep-C with 1 Litre of water and store in fridge for later. A small amount of clear (eg. lemon) cordial can be added to improve the taste.</b></p>
	<b>At 6pm</b> 	<p><b>First Dose</b></p> <p><b>Mix 1 sachet PicoPrep with warm water (approx. 250ml). Stir until dissolved and allow to cool.</b></p> <ul style="list-style-type: none"> <li>Drink mixture slowly and completely.</li> <li>Followed by a glass of approved clear fluids.</li> </ul>
	<b>At 8pm</b> 	<p><b>Second Dose</b></p> <ul style="list-style-type: none"> <li>Drink the prepared Glycoprep-C slowly over 1 hour until finished.</li> <li>You may continue to drink approved clear fluids as required.</li> </ul> <p>If feeling nausea or discomfort while drinking the preparation, simply slow down the rate of intake.</p>
<b>Procedure Day</b> <b>At 7am</b> 	<p><b>Third Dose</b></p> <p><b>Mix the last sachet of PicoPrep with warm water (approx. 250ml). Stir until dissolved and allow to cool.</b></p> <ul style="list-style-type: none"> <li>Drink mixture slowly and completely; followed by a glass of approved clear fluid.</li> <li>Nothing to eat or drink after 8.00am. You may take prescription medication (except diabetic medication) for up to 2 hours prior with a small sip of water.</li> </ul>	

#### Approved Clear Fluids

water, clear fruit juice (apple, pear, grape), lemon jelly, black tea, black coffee, bonox, Lucozade, carbonated drinks, barley sugar, clear broth, lemon fruit cordial  
**No red or purple colours**

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