







MORNING 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

PREPKIT ORANGE

2 x 20g PicoPrep Orange sachets + 1 x 70g Glycoprep Orange sachet

2 Days Before		NO seeds or nuts.
The Day Before	Breakfast/Lunch 	<p>Have light breakfast/lunch choosing only foods from the 'white diet' including:</p> <ul style="list-style-type: none"> – Milk, white yoghurt (no added fruit), mayonnaise, cream, butter or margarine – White bread/toast, rice bubbles cereal, eggs – White rice, regular pasta, potatoes (peeled), rice noodles – Rice crackers (plain), white flour, sugar – Chicken breast (no skin), white fish fillet (no skin) – Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan – White chocolate, vanilla ice cream, lemonade icy-pole, custard. <p>After breakfast/lunch have approved clear fluids for rest of the day (see list of clear fluids below).</p> <p>Mix the Glycoprep Orange with 1 Litre of water and store in fridge for later. A small amount of clear (e.g. lemon) cordial can be added to improve the taste.</p>
	First Dose at 3pm* 	<p>Mix 1 sachet PicoPrep Orange with warm water (approx. 250ml). Stir until dissolved and allow to cool:</p> <ul style="list-style-type: none"> – Drink mixture slowly and completely – Followed by a glass of approved clear fluids.
	Second Dose at 6pm* 	<p>Drink the prepared Glycoprep Orange slowly over 1 hour until finished:</p> <ul style="list-style-type: none"> – You may continue to drink approved clear fluids as required – If feeling nausea or discomfort while drinking the preparation, simply slow down the rate of intake.
	Third Dose at 9pm 	<p>Mix the last sachet of PicoPrep Orange with warm water (approx. 250ml). Stir until dissolved and allow to cool:</p> <ul style="list-style-type: none"> – Drink mixture slowly and completely; followed by a glass of approved clear fluid – Continue to drink at least 1 glass of approved clear fluid every hour until sleep.
Procedure Day 	<p>You should continue to drink approved clear fluids up to 6 hours prior to procedure.</p> <p>Nothing to eat or drink for the final 6 hours prior to procedure.</p>	
Approved Clear Fluids 	<p>Water, clear fruit juice (apple, pear, grape), lemon jelly, black tea, black coffee, Bonox, Lucozade, carbonated drinks, barley sugar, clear broth, lemon fruit cordial.</p> <p>NO red or purple colours.</p>	

*Alternate times for the day before procedure are: first dose 5pm, second dose 7pm and third dose 9pm.

You may take usual prescription medication (except diabetic or blood thinning medication as advised) for up to 2 hours prior with a small sip of water.

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