






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

PREPKIT ORANGE

2 x 2.0g 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 6pm 	<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 8pm 	<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.
	Procedure Day Third Dose at 7am 	<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 – Nothing to eat or drink after 8.00am.
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>

You may have clear fluids (from the approved clear fluid list) up until 6 hours prior to your procedure.

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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