

PREPARATION FOR COLONOSCOPY

Morning procedures (8am-12pm)

The quality of your bowel preparation will determine the quality and accuracy of your colonoscopy. Poor bowel preparation will significantly hinder the usefulness of the test and failure to complete bowel preparation may lead to cancellation of your procedure

- **Consult your doctor about your regular medications. Blood thinning medications and some diabetes medications may need to be stopped days prior to your procedures. Failure to do this may lead to cancellation**
- **Stop taking iron tablets**
- **You can't go home alone after the procedure. Please arrange for a family member or a friend to drive you home**
- **PicoPrep (3 sachets) can be purchased from pharmacy without the need for a prescription**

The day before your colonoscopy

Have a light breakfast – **prior to 8am** - no food is to be consumed after this time.

- **After breakfast, only clear fluids are allowed. For example:**

Water apple juice / lemonade / mineral water

clear broth Lemon / pineapple / orange jelly

Tea or coffee with no milk

- Dissolve each sachet of PicoPrep with a glass of warm water. This can be refrigerated preferred
- Take PicoPrep at the following times:
 - 1. 2pm**
 - 2. 5pm**
 - 3. 8pm**
- Each cup of PicoPrep should be followed by 3-4 cups of water or clear fluids
- Make sure a minimum of two hours between doses of PicoPrep

The day of your colonoscopy

You can continue clear fluids until 6am then nil by mouth.