



## Colonoscopy Bowel Preparation - Afternoon Procedure

### **2x Sachets of Pico-salax (Sodium picosulfate, magnesium oxide and citric acid)**

#### STEP 1 – FROM THREE DAYS PRIOR TO YOUR COLONOSCOPY

Avoid eating high fibre food, including grain bread, seeds, nuts, fresh fruit or raw vegetables. You may otherwise eat normally.

#### STEP 2 – ONE DAY PRIOR TO YOUR COLONOSCOPY

##### 8.00am

**LIGHT** breakfast (2 slices of white bread with honey / vegemite (no butter or margarine))

Following breakfast approved clear liquids from the list below may be consumed. Throughout the day try to drink 1 glass of clear fluid each hour in order to retain hydration and blood sugar levels.

##### **APPROVED CLEAR LIQUIDS:**

- Water
- **CLEAR** salty fluids (eg. *STRAINED* chicken noodle soup, clear broth, or Vegemite in warm water).
- **CLEAR** Fruit juices (*apple, pear, coconut water, etc.*), cordials (*lemon or lime*), sports drinks (*yellow or clear*), or soft drink (*lemonade or ginger beer*)
- Black tea or coffee (*no milk or whitener. Sugar and artificial sweeteners are permitted*)
- Clear jelly (*lemon or pineapple*)
- Icy poles (*yellow, or clear only*). Any of the above may also be frozen for consumption

##### **DO NOT CONSUME:**

- Solid foods
- Dark coloured (red, purple ,etc.) liquids
- Liquids that you cannot see through
- Alcoholic beverages

##### Between 6:00pm – 8:00pm

Mix **ONE sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **5 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



#### STEP 3 - DAY OF EXAMINATION

##### Between 6:00am – 8:00am

Mix **the second sachet of Pico-Salax into 150ml of water** and stir until dissolved. Drink the **entire solution**. Drink at least **4 glasses (250ml) of clear liquids** (see above) over the next three hours. Tick as you drink.



You may only drink water following completion of the bowel preparation until the fasting period.

##### Four hours prior to procedure:

**FAST**- Stop all oral intake, including water, until after the examination.

**Bowel Prep can affect the efficacy of oral medication. Please check with your consulting Specialist if you have any concerns.**