

## Diet Instructions - Morning List

### Day before procedure:

From whenever you wake up, being 6.00am or 10.00am, start a clear fluid diet, no solids

Clear fluids include:

- Clear Soups (eg stock cubes/Bonox)
- Coffee and Tea (NO Milk OR Sugar)
- Sugar Free (diet) jellies (orange or yellow only)
- Sugar Free (diet) cordial (orange or yellow only)
- Sugar Free (diet) soft drinks (not reds or greens)
- **Plenty of Water**

### In the afternoon:

In the AFTERNOON on the day before the procedure, at approx. 1.00pm, dissolve the entire contents of one sachet of PicoPrep in a glass of warm water. If preferred, chill in refrigerator until required to drink. Drink contents of the glass followed by a glass of warm water. Continue drinking clear fluids at least a glass per hour – the more the better.

### In the evening:

Then in the evening, at **approx. 5.00pm**, repeat the above with the second sachet of PicoPrep and continue drinking clear fluids.

### Day of procedure:

Then again in the evening, at **approx. 9.00pm**, repeat the above with the third sachet of PicoPrep and continue drinking clear fluids.

✓ Then **NIL BY MOUTH** (NO FOOD OR ANY FLUIDS) from **midnight**

PicoPrep (Orange) is available for purchase from our rooms for  
\$10 (cash only) or any chemist.

**IF YOU ARE EXPERIENCING ANY ISSUES DURING YOUR BOWEL PREP (ie.VOMITING)  
PLEASE PRESENT TO YOUR LOCAL EMERGENCY DEPARTMENT.**

## Sodium Picosulphate

### Gastrointestinal Lavage Preparation

**PICO PREP:** Each sachet contains Sodium Picosulphate 10mg Magnesium Oxide 3.0g Citric Acid 1 2.0g Aspartame

**ACTIONS:** Gastrointestinal Lavage

**PHARMACOLOGY:** When administered orally, it cleanses the bowel rapidly by inducing diarrhoea

**INDICATIONS:** Cleansing the bowel by means of total gut perfusion and whole bowel irrigation in preparation for gastrointestinal examination or surgery

**CONTRADICTIONS:** Actual or suspected ileus outlet obstruction. Patients whose body weight is less than 20kg. Suspected or actual perforations of the colon. Toxic colitis.

**PRECAUTIONS:** If PicoPrep is administered to a patient who is in any way prone to aspiration or regurgitation (eg impaired gag reflex, unconscious) the patient should be observed carefully, particularly in the case of nasogastric intubation.

PicoPrep is likely to cause transient hypovolaemia, hence adequate fluid replacements should be ensured whilst taking PicoPrep and susceptible patients to congestive heart failure should also be monitored. PicoPrep contains phenylalanine, therefore phenylketonurics need to be advised.

**USE IN PREGNANCY:** Animal reproduction studies have not been conducted with and it is not known whether it can affect reproductive capacity or harm the foetus when administered to a pregnant patient. PicoPrep should be given to a pregnant patient only if clearly needed.

**USE IN CHILDREN:** Safety and effectiveness in children has not been established. Long term carcinogenic studies with animals have not been performed.

**ADVERSE REACTIONS:** The most frequent adverse reactions to PicoPrep are nausea and bloating. These can be reduced by slowing the rate of intake. Less frequent adverse reactions include vomited and rectal irritation. These adverse reactions are temporary and generally disappear rapidly.