



PICOPREP AM & PM

You Must Drink 1-2 Litres of Clear Liquid After each consumed Picoprep mixture.

Name:	<input type="text"/>
Appt. Date:	<input type="text"/>
Location:	<input type="text"/>
FAST FROM Date:	<input type="text"/>
FAST FROM Time:	<input type="text"/>

PLEASE ADHERE TO THE FOLLOWING GUIDELINES:

1. Please disregard any other bowel preparation instructions and adhere to the guidelines on this pamphlet.
2. The **day before** the procedure you may only have clear fluids.
(after a light breakfast at 6am)
3. Please ensure that you inform the practice nurse before your procedure if you are taking **Aspirin, Warfarin or Plavix**.
4. You will receive a text message from Moonee Valley Specialist Centre at least 24 hours prior to your scheduled procedure with your admission time.

See inside for preparation instructions

PICOPREP - Patient Instruction Sheet - **AM**

DAY BEFORE PROCEDURE: Clear fluids ONLY from 6am.

DATE:

FIRST DOSE **4:00 PM:**

Fill a glass with 150 ml of cold water. Empty the contents of two sachets into the glass. Stir for **two or three mins.**



Consume the entire mixture over the course of approximately **one hour**. This **MUST** be followed by the consumption of adequate glasses of water or approved clear liquids (at least one - two litres) to ensure you remain hydrated.

DAY OF PROCEDURE

DATE:

LAST DOSE **8:00 PM:**

Fill a glass with 150 ml of cold water. Empty the contents of one sachet into the glass. Stir for **two or three mins.**










Consume the entire mixture over the course of approximately **one hour**. This **MUST** be followed by the consumption of adequate glasses of water or approved clear liquids (at least one - two litres) to ensure you remain hydrated.

* **Clear fluids until 4am day of procedure**

* **FAST FROM 4am day of procedure.**

APPROVED CLEAR FLUIDS:

-  Water
-  Clear salty fluids (e.g. strained chicken soup)
-  Clear broth
-  Sugar-free jelly (no red or purple colours)
-  Apple juice
-  Black tea or coffee (no milk)
-  Clear sugar-free fruit cordials (no red or purple colours)

IMPORTANT ON THE DAY:

- **You must refrain from eating and drinking (FAST) for a minimum of four hours prior to your procedure.**
- You must drink as much clear liquid as you can before, during and after taking Picoprep bowel preparation.
- Failure to adhere to this advice may result in delay or cancellation of your procedure.
- Failure to follow the bowel preparation instructions can lead to poor bowel preparation and the possibility that your procedure may need to be repeated.



**NO MILK
PRODUCTS**



**NO RED
COLOURS**



**NO PURPLE
COLOURS**



**APPROVED
LIQUIDS ONLY**