



# PREP KIT C

## AM

Name:	<input type="text"/>
Appt. Date:	<input type="text"/>
Location:	<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. You can have a normal diet up until the time you commence bowel preparation. Once you have commenced bowel preparation, you can only have clear fluids (a list of which can be found on the back of this pamphlet).
3. Please ensure that you inform the practice nurse before your procedure if you are taking **Aspirin, Warfarin** or **Plavix**.

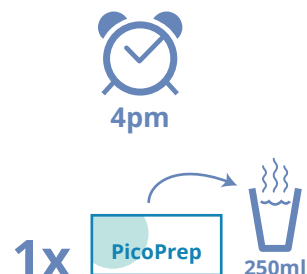
*See inside for preparation instructions*

# PREP KIT C - Patient Instruction Sheet - AM

## DAY BEFORE PROCEDURE

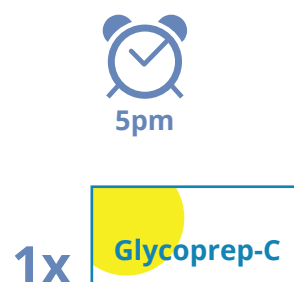
### FIRST DOSE 4:00 PM:

Add the entire contents of ONE sachet of **picoprep** in a glass of warm water (approximately 250 mls) and stir until dissolved. Chill for half an hour before drinking, if preferred. Drink mixture slowly, but completely. This should be followed by adequate glasses of water or approved clear liquids (at least one glass per hour), in order to maintain hydration throughout your body.



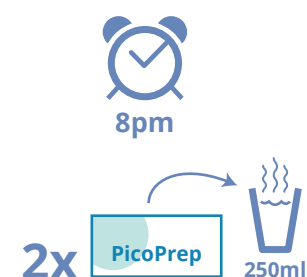
### SECOND DOSE 5:00 PM:

Make up the **glycoprep-C** following the instructions on the back of the packet. You should try to drink one glass of the preparation every fifteen minutes. Total intake time should take approximately ONE hour in duration. If you start to experience nausea whilst drinking the preparation, slow down the rate of intake.



### THIRD DOSE 8:00 PM:

Add the entire contents of TWO sachets of **picoprep** in a glass of warm water (approximately 250 mls) and stir until dissolved. Chill for half an hour before drinking, if preferred. Drink mixture slowly, but completely. This should be followed by adequate glasses of water or approved clear liquids (at least one glass per hour), in order to maintain hydration throughout your body.



## **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:**

- Drink as much clear liquid as you can before, during and after taking Prep Kit C bowel preparation.
- The facility where you have booked the procedure will contact you at least one day before the procedure to confirm your admission time.
- You must refrain from eating and drinking four hours prior to your procedure.
- 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**