



Bowel Preparation for Colonoscopy using Picoprep

HEPATOLOGY



GASTROENTEROLOGY

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Contents

You should have the following items in your bowel preparation kit

1. Four Colocap capsules
2. Three yellow bisacodyl tablets
3. Two packets of Picoprep

Preparation

The Picoprep can be made up one hour before you are due to start drinking it. Mix a packet of the Pico powder with 250mls (one mug) of warm water. Stir until dissolved and pour into a large drinking glass. Repeat this with the other two packets of Picoprep. Chill for 30 minutes before drinking.

Put the Colocaps and the bisacodyl tablets in a safe place until required.

Timing of the Bowel Preparation and Modified Diet

In the three days before the colonoscopy you will be asked to adhere to a "Modified Diet". The details of the diet are over the page but in simple terms we want you to exclude seeds and high fibre foods. These foods contain insoluble fibre which is not absorbed by the body and more bowel preparation is required to flush them out of the large bowel.

On the day before the colonoscopy you will be asked to start taking the Colocaps, bisacodyl tablets and the Picoprep. Your exact start timetable is listed over the page. These medications usually cause profuse watery diarrhea between 1-4 hours of starting the preparation and in some people this diarrhea will continue for 12 hours.

It is vital that you drink at least 3-5 litres of the "Recommended Fluids", which are listed over, during the bowel preparation. Vary the type of fluids you drink and the more the better.

You will be asked to fast for 6 hours before the procedure time for the colonoscopy. "Fasting" means no solid food or bowel preparation fluid for 6 hours before the procedure start. You should continue to drink plain water up to 1 hour before you have been asked to present to the Day Surgery Unit.

Improving the taste

The Picoprep will taste better if it is chilled and drunk quickly. Drinking the Picoprep through a straw or chewing gum helps some people disguise the taste.

Improving your sense of wellbeing during the bowel preparation

You may feel "chilled", particularly in winter, after drinking the preparation which removes body heat as it passes through your body. You may find it helpful to drink hot fluids and wear warmer clothing. The more "Recommended Fluids" you can drink the less likely you are to experience headache, nausea and faintness. Walk around to reduce the feeling of bloating and fullness.

How will I know if the bowel is clear?

When the bowel is clear your bowel motions will look like concentrated urine with no solid particles present. If your bowel is not clear despite taking all the bowel preparation then drink another 1-2 litres of "Recommended Fluids". If your bowel is still not clear tell the staff at the Day Surgery Facility when you arrive. You may need an enema in the Day Surgery Unit.

Does it matter if the bowel is not clear?

If your bowel lumen is clean it is easier to navigate around the bowel loops and the procedure is safer. If the bowel wall is clean, lesions such as polyps, can be identified with greater accuracy.

PROCEDURE DATE

PROCEDURE DAY:

PRESENT TO:

☐ St Andrew's Hospital Day Admission Unit

☐ St Vincent's Hospital Entrance 2

AT:

Start the "Modified Diet" 3 days before colonoscopy on.....

**MORNING LIST: The day before your colonoscopy on
make up your Picoprep and follow the schedule below.**

12.00 midday: This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.

4.00pm: Take the 3 bisacodyl tablets and the four Colocaps with a large glass of water.

5.00pm: Drink the first glass of Picoprep quickly followed by one and a half litres of "Recommended Fluids" drunk over the next two hours.

7.00pm: Drink the second glass of Picoprep quickly followed by one and a half litres of "Recommended Fluids" drunk over the next 2 hours.

The diarrhea has usually started by now and may continue for several hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation. Drink an extra 1-2 litres of "Recommended Fluids" before you go to bed tonight.

The following morning continue to drink plain water till one hour before presenting to Day Surgery Facility.

**AFTERNOON LIST: The day before your colonoscopy on
make up your Picoprep and follow the schedule below.**

12.00 midday: This is the last time you can eat solid food so make sure you have a light snack (choosing from the "Modified Diet" list). No further solid food is to be eaten until after the procedure.

5.00pm: Take the 3 bisacodyl tablets and the four Colocaps with a large glass of water.

6.00pm: Drink the first glassful of Picoprep quickly followed by one and a half litres of "Recommended Fluids" drunk over the next two hours.

7.00pm: The diarrhea has usually started by now and may continue for hours. Apply lanolin or Vaseline to the skin around the back passage to reduce skin irritation. Continue to drink 1 litre of "Recommended Fluids" before midnight.

The day of the colonoscopy

6.30am: Drink the second glassful of Picoprep quickly followed by one and a half litres of "Recommended Fluids" drunk over the next hour.

7.30am: Drink one more litre of "Recommended Fluids" over 30 minutes.

8.00 am: Take no further food or fluids except plain water until after the procedure. Continue to drink plain water (1-2 glasses/hour) up to midday.

THE "MODIFIED DIET"

- NO** fibre supplements (such as Metamucil or psyllium)
- NO** wholemeal or multigrain bread, buns and muffins
- NO** breakfast cereals
- NO** seeds (poppy , sesame, pumpkin)
- NO** passionfruit, Kiwi fruits, watermelon or grapes
- NO** celery, carrot or tomato solids.
- NO** dark coloured jellies or cordials

Eat anything else you like! If the food is not on this list you are free to take it.

THE "RECOMMENDED FLUIDS"

Ensure you drink a variety of fluids during the bowel preparation in order to replace not only the water you are losing but also the salts and to provide energy while you are not eating regular food.

WATER

LEMONADE

BONOX

BLACK TEA

APPLE JUICE

BEEF CONSOMME

SODA WATER

1/2 STRENGTH SPORTS DRINKS
(eg light coloured Gatorade, Powerade)

CHICKEN NOODLE
SOUP (strained)

MINERAL WATER

LEMON CORDIAL

JELLY (light coloured)

GINGER ALE

"FASTING"

You will be asked to "fast" for an upper endoscopy (gastroscopy) and lower endoscopy (colonoscopy).

"Fasting" in this context means that you must not eat any food, bowel preparation fluid or "Recommended Fluids" that are not plain water for 6 hours before your procedure starts.

However it is important to maintain adequate hydration for these endoscopic procedures. You must continue to drink plain water up to 1 hour before presenting to the Day Surgery Facility (or in other words 2 hours before the start of your procedure). It is recommended to drink 1-2 glasses of water per hour in this time period.