

COLONOSCOPY · PREPKIT ORANGE

Your prep plan, step by step

Your bowel needs to be completely clean so your doctor can see clearly. **The better your prep, the more accurate your test.**

Before you start, have ready:



2 × Picoprep
Orange sachets
(20 g)



1 × Glycoprep
Orange sachet
(70 g)



Senokot
tablets



A ride home
You can't drive

⌚ Work out my times

My admission time _____

Minus 4½ hrs: last Picoprep _____

Minus 4 hrs: stop all fluids _____

Example: admission 10:00 am → last Picoprep 5:30 am → stop fluids 6:00 am

7

DAYS BEFORE

Check your medicines

⊘ Stop arthritis anti-inflammatories: Voltaren, Indocid, Naprosyn

ⓘ On warfarin, Plavix, Iscover or diabetes medication? Talk to your doctor first

✓ Aspirin: usually continue

5

DAYS BEFORE

Start the low-residue diet (see page 2)

Low-fibre, plain white foods until your food stops. **No seeds, nuts or grains.**

⊘ Stop iron tablets

💧 Drink plenty of fluids

🔄 Bowels not opening daily? Take 2 Senokot a day

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DAYS BEFORE

2 Senokot tablets after breakfast, each day

Keep to the low-residue diet and keep drinking plenty.

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DAY BEFORE

Food stops, clear fluids start, first two prep doses

7–8 am


Light breakfast
then 2 Senokot

11 am


Light lunch
only if admission is
1 pm or later

2 pm


Picoprep 1 in warm water.
Drink straight down,
then 3 glasses

7–8 pm


Glycoprep in 1 litre
of water, drink
over 1 hour

🍽️ Light food 🍽️ Lunch if admission is 1 pm or later 💧 Clear fluids only. Drink plenty

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 PROCEDURE
DAY

Last prep dose, then nothing to drink

4½ hours before


Picoprep 2 in water,
then 3 more glasses

4 hours before


Stop ALL fluids
including water

Admission time


Arrive at Tidewell



Need morning tablets (for example blood pressure or heart)? Take them **early, with only a small sip of water.**



Your bowel motions should be **clear liquid** before your procedure. If not, **tell the nurse when you arrive.**



You can't drive home after your procedure

Arrange for someone to collect you. You can return to normal activities the next day.

What to eat, drink
& take → page 2

What to eat, drink and take

Low-residue diet

5 DAYS BEFORE → UNTIL YOUR FOOD STOPS

Think plain, white and soft. A short-term diet only: it has fewer fruits and vegetables than usual.

✓ Eat

Bread & grains	White bread, rolls, toast, panini, English muffins, plain croissants, crumpets, pancakes, Cornflakes, Rice Bubbles, white rice, white pasta, crackers
Protein	Beef, lamb, pork, veal, chicken, turkey, fish, ham, bacon, sausages, eggs, tofu, curries (no onion), plain meat pies
Dairy	All milks, plain yoghurt, cheese, butter, sour cream, white sauces, plain ice cream, custard
Fruit & veg	Only skinless potato or pumpkin (mashed, steamed, baked), potato salad, clear apple or pear juice, strained V8
Extras	Vegemite, honey, lemon butter, cheese spread, fish or meat paste, mayonnaise. Treats: plain white-flour cake, scones, pikelets, custard tarts, doughnuts, meringue, chocolate biscuits (no nuts)
Drinks	Water (6–8 glasses a day), tea, coffee, soda water, soft drink, cordial, Milo, Bonox, Bovril, Aktavite, milkshakes, Sustagen, Ensure, Digestelact

✗ Avoid

Wholegrains	Wholegrain, wholemeal or fibre-enriched bread, brown rice, wholemeal pasta, corn meal, muesli, oats, porridge, most cereals
Fruit & veg	All skins and seeds, strawberries, passionfruit, citrus, grapes, tomato, capsicum, peas, corn, onion, dishes with vegetables
Legumes	Baked beans, kidney beans, lentils, barley, split peas
Nuts & seeds	Nuts, coconut, dried fruit, sultanas, raisins, linseed, sesame, sunflower and poppy seeds
Spreads	Jam or marmalade with skins, seeds or peel, peanut butter, mustard, most relishes, tomato paste, bottled sauces
Fibre products	Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre, Metamucil, Normafibre, Normacol Plus, Nucolox, psyllium, Benfiber, Fybogel

Clear fluids only

FROM WHEN YOUR FOOD STOPS → 4 HOURS BEFORE ADMISSION

Drink plenty. If you can see through it, it's usually a clear fluid.

✓ Yes

- Water
- Clear fruit juice apple, blackcurrant, pear, grape, cranberry, strained orange
- Plain jelly not red, no cream or fruit
- Clear broth & chicken soup
- Cup-a-Soup strained
- Black tea or coffee
- Bonox
- Lucozade
- Barley sugar lollies

✗ No

- Milk even in tea or coffee
- Red jelly
- Fizzy soft drinks
- Cream & ice cream
- Pulp, bits, noodles
- Any food

Your medicines

KEEP TAKING EVERYTHING ELSE AS NORMAL UNLESS YOUR DOCTOR SAYS OTHERWISE

⊘ Stop

- Arthritis anti-inflammatories** (Voltaren, Indocid, Naprosyn): usually 7 days before
- Iron tablets:** 5 days before
- Fibre supplements** during the diet

ⓘ Ask your doctor first

- Warfarin, Plavix, Iscover:** may be stopped, depending on why you take them. They generally can't be stopped if you have a coronary stent or a high risk of clots, stroke or heart attack. Talk to your gastroenterologist, and possibly your cardiologist.
- Diabetes medication** will need adjusting

✓ Keep taking

- Aspirin:** can usually continue. Keep taking it if you've had a heart attack, stroke, blood clot or coronary stent.
- Procedure morning:** take needed tablets early with a small sip of water



Not sure? Call us. Please don't guess.

Tidewell Day Surgery · 14 Banksia Lane, Riverbend QLD · **1300 975 707**
 Your personal prep planner with live countdown: tidewell.example/prep

Colonoscopy prep
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