



Instructions for colonoscopy Preparation (PICOPREP)



The day before your examination

- Eat a light breakfast before **nine in the morning**. After that do not eat anything until after your examination
- **At eight in the evening** (day prior to procedure): Make up your first cup of PICOPREP (Read the preparation instruction).
- **At four in the morning** (day of procedure): Make up your second cup of PICOPREP (Read the preparation instruction).



You must drink cup of water then clear fluid after drinking PICOPREP



you can have water or clear fluid (black coffee, tea with no milk, apple juice, and clear soup).



Refrain from dairy products, grains and seeds, red food or drinks (beetroot-pomegranate-watermelon).



Refrain from drinking (fasting) starting in the morning (day of procedure).



How to prepare and take PICOPREP

- Fill the cup with the equivalent of 150ml of cold water.
- Empty the contents of one sachet into the cup.
- Stir the ingredients for two to three minutes until they are completely dissolved (the mixture can get hot-let it cool down and then drink the mixture).
- After drinking the mixture, drink 250 ml (equivalent to one cup) of clear liquids every hour; A total of 1.5 to 2 liters.



Points to remember

- Because of (IV) sedation, a companion should take you home. You are not allowed to drive a car or operate any machinery for 24 hours after the procedure (only Capsule Endoscopy done without sedation).
- Take your regular medication with sips of water early morning on the day of colonoscopy **except anticoagulant medication**. You should take your diabetes medication after the colonoscopy.
- If you are taking iron supplements, **stop it for one week** before colonoscopy or capsule endoscopy.
- If you are under any medication, do not take it **unless 1 hour before or after** the PICOPREP.
- Following all the above instruction will lead to a successful examination.
- If you cannot come please call:

