

Dr Shing W Wong
MBBS (Hons) FRACS MS(Colorectal) GradCert ULT
Senior Lecturer, University of NSW
Consultant Colorectal Surgeon
Provider No. 2035338F

Colorectal & General Surgery
Laparoscopic & Robotic Colorectal Surgery
Gastroscopy & Colonoscopy

Appointments & Private Consulting Rooms:
Professorial Suite, Level 2, Campus Centre
Prince of Wales Hospital, Barker Street, Randwick, 2031
Tel: (02) 9382 2403
Fax: (02) 9382 2400

Email: sw.wong@unsw.edu.au

PREPARATION FOR AFTERNOON COLONOSCOPY

It is important to drink plenty of clear fluids the day before your procedure to avoid DEHYDRATION and ELECTROLYTE IMBALANCE.

We recommend that you drink a combination of the following clear fluids:

- Gatorade (lemon or lime flavoured) or Staminade
- Fruit juices (apple, pear or grape)
- Plain jelly (lemon or pineapple flavours)
- Clear chicken broth or strained chicken noodle soup
- Black tea or coffee
- Lemon or lime cordial
- Water of any kind

THE DAY BEFORE YOUR COLONOSCOPY

Before 8.00am You may eat a light breakfast. Do not eat any food after breakfast.

10.00am 2 glasses of **approved clear fluids**.

12.00 -1.00pm 2 glasses of **approved clear fluids**.

3.00 – 4.00pm Mix one sachet of Picoprep in a glass of water and drink.
Drink another 2 glasses of **approved clear fluids**.

5.00 – 6.00pm Mix one sachet of Picoprep in a glass of water and drink. Drink another 2 glasses of **approved clear fluids**.

Please ensure that there is a minimum of 2 hours between the doses of PICOPREP.
Drink approximately 3 glasses of **approved clear fluids** until bedtime.

ON THE DAY OF YOUR COLONOSCOPY

6.00am Take your regular medications as usual with a glass of **approved clear fluids**.

6.00 – 7.00am Mix one sachet of Picoprep in a glass of water and drink.
Drink another 2 glasses of **approved clear fluids**. Continue to drink **approved clear fluids** until 4 hours before your procedure.

The bowel preparation will cause multiple bowel motions, usually within 2 – 3 hours of the first dose, but the response is variable. You may experience intermittent abdominal cramps. Remain within easy reach of the toilet after starting the preparation.

DO NOT HAVE ANY OTHER FOOD OR DRINK BEFORE THE COLONOSCOPY