

**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 MORNING 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**

**8.00am** Do not eat any food after midnight.  
2 glasses of **approved clear fluids**.

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

**1.00 -2.00pm** Mix one sachet of Picoprep in a glass of water and drink.  
Drink another 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**

**6.00 – 7.00am** Take your regular medications as usual with a sip of water.  
Do not eat or drink prior to 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**