

PICOPREP INSTRUCTIONS

- ***Why do you need to take bowel preparation before surgery?***

The purpose of the bowel preparation is to facilitate the ease of surgery plus minimise the risk of infection especially if the surgery performed affects the bowel.

- ***Where can you get PICOPREP from?***

PICOPREP can be obtained from the chemist or pharmacy without a prescription.

You will need the 2 sachet packet. (Approximate cost \$10)

- ***PICOPREP preparation instructions:***

Dissolve one sachet in approximately 250mls (about one glass) of warm water.

Stir until the powder has dissolved. Let fluid cool to room temperature or refrigerate if preferred.

- ***What effect will PICOPREP have?***

PICOPREP produces a watery stool and cleanses the bowel. Be sure to be in a comfortable setting whilst taking this preparation. Lanolin or similar cream may be applied to the anal area before beginning your bowel preparation to help avoid soreness.

DAY PRIOR TO PROCEDURE

NO SOLID FOOD SHOULD BE EATEN THE DAY PRIOR TO SURGERY

2 pm: Drink contents of first sachet over 5-10 minutes

Drink another three to four glasses of water or clear fluids over the next three hours

6 pm: Drink contents of the second sachet over 5-10 minutes

Continue drinking clear fluids and water during the evening until bedtime

DRINK APPROVED FLUIDS ONLY PLUS PLENTY OF WATER

APPROVED FLUIDS

- Clear soups – BONOX, broths, consommé, stock in water, packet soup which has been strained.
- Coffee and Tea (with no milk)
- No milk products allowed
- Jelly, cordial, soft drinks, fruit juices (no pulp in juice)
- Nothing with red or purple colours
- Clear fluids means you should be able to see your fingers through the glass

DAY OF PROCEDURE

- Morning operation – Nothing to eat or drink from midnight
- Afternoon operation – Clear fluids up until 6 hours prior to admission