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2025/106080/21

INSTRUCTIONS FOR BOWEL PREPARATION with PICOPREP -Morning Procedure-

DATE : _____ TIME OF ADMISSION _____ Colonoscopy Code: **1653**

1. Please follow instructions carefully. The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.
2. Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.
3. PicoPrep produces watery stools which will become clear with no solid matter.
4. It is advisable to remain near a toilet and apply Vaseline to the anus after every bowel movement
5. **TWO WEEKS before the procedure: If you are using GLP-1 receptor medications for example Ozempic(Semaglutide), Victoza(Liraglutide), Trulicity(Dulaglutide) or Saxenda(Liraglutide) for weight loss purposes please stop treatment two weeks prior to the procedure and inform your doctor.**

TWO days before the procedure:

Follow a soft, Fibre-free diet on this day e.g. Pasta, pumpkin, steamed fish or chicken, soup, jelly. Avoid fibrous vegetables and fruit with seeds or pips.

ONE day BEFORE the procedure: Date _____

At 08H00 Have a light breakfast of boiled or poached egg, white or brown bread/toast (not wholewheat) , no butter or margarine, and a cup of black tea or coffee, or fruit juice.

From now on drink only approved clear liquids.

Approved clear fluids: Water, black tea/coffee, clear fruit juice e.g. Apple, Litchie or Grape juice, Bovril drinks, clear chicken broth, Rehydrate, Energy drinks (Energade), green/yellow jelly (no topping).

1. No solid foods or dairy products (yogurt, custard, ice cream) allowed.
2. No Oros, red wine or red & purple cool drinks allowed.
3. Drink only approved clear liquids for lunch and dinner.

PREPARATION - 3 SACHETS PICOPREP

At 11h00: Drink a glass of water or clear fluids

At 12h00: Drink a glass of water or clear fluids

At 13h00: Dissolve 1st sachet Picoprep in 250ml hot (not boiling) water to a clear solution. Chill with ice cubes and drink followed by a glass of water

At 14h00: Drink a glass of water or clear fluids

At 15h00: Drink a glass of water or clear fluids

At 16h00: Dissolve 2nd sachet Picoprep as before and drink followed by a glass of water

At 17h00 Drink a glass of water or clear fluids

At 18h00 Drink a glass of water or clear fluids

At 19h00 Drink a glass of water or clear fluids

At 20h00 Drink a glass of water or clear fluids

Keep drinking approved clear fluids until bedtime.

At 04h00 Dissolve 3rd sachet Picoprep as before and drink followed by a glass of water

Stop intake of fluids 6 hours before the procedure.

Small sips of water may be taken until 4 hours before the procedure.

SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY AND DRIVE YOU HOME.

Additional information : www.betapharm.co.za/product/picoprep/

Colonoscopy Prep video link : <https://drive.google.com/open?id=1fh6bKHZwu3TbQwCq6mVhJs-CtD3BFJt9>