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| Preparation for colonoscopy (Picoprep) |

## Preparation

If you tend to be constipated, start to take laxatives four days before your endoscopy. Four days before your procedure, avoid foods containing pips and seeds (berries, fruit, vegetables and wholegrain bread). Stop taking iron tablets, if you normally do.

You will need two sachets of Picoprep for your bowel cleansing.

**You have to buy the bowel cleansing preparations over the counter at your own expense in the pharmacy.**

## On the day before the procedure

You may have a light breakfast in the morning. Have a light soup lunch between 12.00 and 14.00 and after lunch drink only the cleansing fluids and clear fluids (such as water, juice, soft drinks, clear sports drinks, clear broth, tea/coffee without milk etc.) You must not have any solid food once you start to cleanse your bowel.

## Cleansing

Take the first dose on the day before your procedure between 16.00 and 18.00.

* Dissolve the contents of one sachet in a glass of water.
* Stir carefully for 2-3 minutes then drink the mixture.
* After drinking the cleansing solution, wait for half an hour before drinking anything else in order not to weaken the efficacy of the cleansing preparation. After that it is important to drink at least three litres of other fluids during the evening, approximately one litre of fluids every hour.

Take the second dose on the day of your colonoscopy 3 to 5 hours before the procedure.

* Dissolve the contents of the last sachet in a glass of water.
* Stir carefully for 2-3 minutes then drink the mixture. Again, wait for half an hour before drinking more fluids as not to weaken the efficacy of the cleansing preparation. After that, drink three litres of clear fluids. This will have a substantial effect on how you feel and improve the cleansing result.

Please note, drinking only Picoprep without additional fluids is not adequate for cleansing the bowel effectively. The more you drink fluids during the cleansing, the better the result.

You can boost the cleansing by mixing 12 drops of Cuplaton four times a day into the fluids you drink. Cuplaton is available over the counter at the pharmacy.

Please note If you have a citrus allergy, you need to use another cleansing preparation.