



Colonoscopy Preparation Instructions

Mount Edgecombe Scope Suite

Before your procedure

A colonoscopy is a camera examination of the large bowel. To make the procedure safe and accurate, your bowel must be clean.

Please follow the instructions below carefully unless your doctor or the unit gives you different personalised advice.

The day before

- You may have a light breakfast unless instructed differently.
- A script for Picoprep will be given to you by the Scope Suite team or your GP.
- Mix 1 sachet of Picoprep in 250 mL water and drink it at 12 midday.
- Mix 1 sachet of Picoprep in 250 mL water and drink it at 2pm.
- Mix 1 sachet of Picoprep in 250 mL water and drink it at 4pm.
- Drink clear liquids only for the rest of the day until midnight.
- From midnight, have nothing by mouth until the procedure.

Clear liquids allowed

- Water, clear apple juice, clear cooldrink, black tea or black coffee without milk.
- Clear soup or broth and clear electrolyte drinks.
- Avoid red, purple, or dark-coloured drinks or jelly.

Medication

- Tell us if you take blood thinners, diabetic tablets, insulin, or GLP-1/weight-loss injections.
- Do not stop important medication unless your doctor or the Scope Suite team tells you to.
- Bring a list of your medication and allergies with you.

On the day

- Arrive at the Scope Suite at your scheduled time.
- Wear comfortable clothing and avoid bringing valuables.
- If you are receiving sedation, you must have a responsible adult to drive you home and stay with you afterwards.

After the procedure

- You may feel bloated or pass wind afterwards.
- If you had sedation, do not drive, operate machinery, sign important documents, or drink alcohol for 24 hours.
- Your doctor will discuss the findings and further plan with you.