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**Preparation for AFTERNOON colonoscopy**

Please read all the instructions at least four (4) days before your colonoscopy examination.

You will need to purchase **PrepKit C** (it contains two (2) sachets of PICOPREP and one (1) sachet of GLYCOPREP-C)from your pharmacy. No prescription is required.

**Follow the** **instructions on this form** when taking the preparations. **Do not** even read the instructions that come with the mixtures as they are different and may well confuse.

Do not exceed the recommended dosage given in these instructions as serious side effects may occur.

Note: Individual responses to the laxatives do vary. This preparation is expected to cause multiple, ultimately liquid, bowel motions. It may work in as little as 30 minutes or take several hours to have an effect. Please remain within reach of toilet facilities once the laxatives have been ingested.

Try to avoid eating foods with grains or seeds (eg watermelon pips, grainy muesli) for **four days** prior to the procedure if possible.

**Day before the colonoscopy examination**

**The day prior** to the examination you are free to eat breakfast and a light lunch before 12:30 After lunch you are not to eat any solid foods until **after** your colonoscopy. You should however drink plenty of clear fluids (apple juice, water, black tea or coffee, clear broths etc – no dairy products).

**9pm** Add 1 sachet of PICOPREP to a glass of water and drink it.

Follow this with a few more glasses of water

**Day of procedure**

**8am** Add 1 sachet of GLYCOPREP-C to 1 litre of water and drink within 1 hour

Follow this with several glasses of water to avoid dehydration

10**am** Add 1 sachet of PICPREP to a glass of water and drink it.

Follow this with a few more glasses of water then **fast completely** from 11am.