

Instructions for bowel preparation with Picoprep®

Dear patient

For colonoscopy it is of critical importance that your colon (large intestine) is empty and clean.

What and when to eat before the procedure

You should modify your diet two days before the procedure (no dietary fibre):

- Avoid eating fruit, berries, lettuce, vegetables, mushrooms, wholegrain products, nuts, seeds.
- Eat rice, pasta, potatoes without the skin, white bread, honey, cheese, meat, fish, eggs, etc.

Do not fast before administering Plenvu®. Do not eat anything from the time you start taking Plenvu® (Portion 1) until after the procedure. Drink unsweetened drinks in addition to Picoprep® until 3 hours before the procedure to avoid dehydration.

No tablets on the day of the procedure

Do not take any pills on the day of the procedure. If you are taking medications for inhalation (e.g. for asthma or COPD), continue those as usual.

Preparing and administering Picoprep®

- **Portion 1:** Dissolve 1 sachet of Picoprep® in 150 ml of cold water and stir. Drink the prepared solution. Then drink 5 x 250 ml (1.25 litres) of water over a period of 90 minutes.
- **Portion 2:** Dissolve 1 sachet of Picoprep® in 150 ml of cold water and stir. Drink the prepared solution. Then drink 3 x 250 ml (0.75 litres) of water over a period of 60 minutes.
- **Very important:** You must drink NOTHING during the 3 hours before your appointment!

After administering Portion 1, diarrhoea will start 1-3 hours later and will continue for 2-6 hours. While and after drinking Picoprep®: Walk around (don't lie down). If your skin around the anus should be irritated: Apply a soothing ointment. If you feel nauseous: Take 1 tablet of If no bowel movements have set in 3-4 hours after administering Portion 1 on the evening before the procedure, drink Portion 2 the same evening. Motilium® (domperidone).

Take the medicine according to the time of your appointment.

What to take and when	Appointment between 08.00 - 09.10	Appointment between 09.20 - 11.10	Appointment between 11.20 - 13.40	Appointment between 13.50 - 16.30
Portion 1	Evening before proc. 19.00 - 20.00.	Evening before proc. 19.00 - 20.00.	Evening before proc. 19.00 - 20.00.	Day of procedure 07.00 - 08.00
Portion 2	Day of procedure 04.00 - 05.00.	Day of procedure 05.20 - 06.20	Day of procedure 07.20 - 08.20	Day of procedure 09.50 - 10.50