

Colonoscopy prep checklist

Tick each step as you complete it and bring this sheet with you.

0 of 8 steps completed

- ☐ **Read all prep instructions carefully before you start**
Follow the steps as detailed unless your doctor or clinic staff advise otherwise.
- ☐ **Confirm the clinic knows about blood-thinning and diabetes medications**
Do not stop any medication unless a clinician tells you to.
- ☐ **Complete your online admission registration at St John of God Hospital**
IMPORTANT: Please commence your admission process by registering at:
<https://www.sjog.org.au/patients-and-visitors/my-admission>. If you need assistance with the admission process, please call St Johns on [1300 863 566](tel:1300863566).
- ☐ **Buy your bowel prep from the pharmacy**
2 sachets PICOPREP Orange and 2 sachets GLYCOPREP Orange.
- ☐ **Start your low-fibre diet 4 days before the procedure**
Choose white bread, white rice, eggs, fish, poultry, tofu, and peeled fruit.
- ☐ **Switch to clear liquids only the day before the procedure**
Water, clear broth, clear juices, black coffee/tea, plain jelly, and ice blocks.
- ☐ **Take your prep solution exactly as instructed**
AM and PM schedules differ - follow the timing for your arrival time.
- ☐ **Arrive on time with your Medicare Card, Health Insurance Details, and a ride home**
St John of God Hospital Murdoch - stop drinking 2 hours before arrival.

Bowel prep doses - morning admission

- ☐ **PICOPREP sachet 1 (3:00 PM)**
Dissolve 1 sachet in 250ml water, then 3 glasses of water over the next hour.
- ☐ **PICOPREP sachet 2 (6:00 PM)**
Second sachet with 3 glasses of water, the same way.
- ☐ **Glycoprep 1L (first litre) (9:00 PM)**
Drink 1L of chilled Glycoprep before bed.
- ☐ **Glycoprep 1L (second litre) (5:00 AM)**
Drink the remaining 1L steadily over about an hour.

Questions about medications, diet, or timing?

Coastal Gastroenterology - Phone 63890631 - info@coastalgastro.com.au

Wexford Medical Centre, Level 3, Suite 46, 3 Barry Marshall Parade, Murdoch WA 6150

Admission: St John of God Hospital Murdoch, Gate 1, Barry Marshall Parade, Murdoch WA 6150

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