

Patient summary

Patient: Not provided
Procedure date: To be confirmed with the clinic

Your saved instructions

- Prep products included: Picoprep, Glycoprep
- Dose times shown for both morning and afternoon admissions.
- Follow these instructions unless your doctor or the clinic advises otherwise.

Contact notes

- Coastal Gastroenterology - 63890631 - info@coastalgastro.com.au
- Admission help (St John of God): 1300 863 566 - <https://www.sjog.org.au/patients-and-visitors/my-admission>

When to take your Picoprep and Glycoprep

The diet steps are the same for both kits. Follow the dose steps for the box you were given, and tick each step as you complete it.

Morning admission

☐ Diet (Day before, from 7.00am)

Have a light breakfast from the white diet list, then clear fluids only from 7.00am until your procedure.

When to take your Picoprep

☐ Sachet 1 (Day before, 3.00pm)

Dissolve 1 sachet in 250ml of water, stir for 2-3 minutes and drink. Follow with at least 3 glasses of clear fluid over the next hour.

☐ Sachet 2 (Day before, 6.00pm)

Dissolve the second sachet the same way and follow with another 3 glasses of clear fluid. Frequent watery bowel motions are expected.

When to take your Glycoprep

☐ First litre (Day before, 9.00pm)

Mix as directed and chill. Drink 1 litre steadily over about an hour (a glass every 10-15 minutes) before bed.

☐ Second litre (Procedure day, 5.00am)

Drink the remaining 1 litre steadily over about an hour, then clear fluids only until the fasting time given by the hospital.

Afternoon admission

☐ Diet (Day before, from 10.00am)

Have a light breakfast from the white diet list, then clear fluids only from 10.00am until your procedure.

When to take your Picoprep

☐ Sachet 1 (Day before, 6.00pm)

Dissolve 1 sachet in 250ml of water and drink, then at least 3 glasses of clear fluid over the next hour.



☐ **Sachet 2 (Day before, 10.00pm)**

Dissolve the second sachet the same way, followed by 3 more glasses of clear fluid.

When to take your Glycoprep☐ **First litre (Day before, 10.00pm)**

Drink 1 litre of chilled solution steadily over about an hour before bed.

☐ **Second litre (Procedure day, 7.00am)**

Drink the remaining litre steadily over about an hour, then clear fluids only until the fasting time given by the hospital.

Tips for both kits

- Picoprep: The solution warms as it dissolves - let it cool or chill it before drinking.
 - Picoprep: Keep sipping clear fluids between doses to stay hydrated.
 - Glycoprep: Chilling the made-up solution and using a straw makes it much easier to finish.
 - Glycoprep: A clear drink such as apple juice or lemon cordial between glasses helps with the taste.
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Please read these instructions carefully and follow the prep instructions as detailed, unless your Doctor or the staff at the clinic advise other instructions.

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

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).

