

Gastroenterologie

Allgemeine Innere Medizin

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Spitalstrasse 38

4226 Breitenbach

Bowel Preparation before Colonoscopy with Picoprep®

The goal of the bowel cleansing is to prepare your bowel for your upcoming examination. Efficient bowel cleansing creates an unobstructed view for your doctor, creating the best conditions for a successful colonoscopy. Watery stools are therefore the desired effect. For you, this means a more reliable diagnosis.

The instructions include how to change your diet and what medications are necessary to ensure that your bowel is clean at the time of endoscopy.

Instructions:

3 days prior to endoscopy:

- Avoid fruit and vegetables with skins or pips (Tomato, grapes, melon, corn etc.) and whole-wheat bread.
- Eat rice, pasta, peeled potatoes, white bread, honey, cheese, meat, eggs

Do not fast prior to bowel preparation. After the first portion of Picoprep you must not eat anymore until after the examination.

No Drug/Medication on examination day

Do not take any drugs on examination day. Inhalers may be used. If you are diabetic or are taking medications to avoid blood clotting (blood thinner): please ask us or your family doctor for advice.

Preparation and taking of Picoprep®

- **Dose 1:** Fill a container with the contents of 1 Sachet Picoprep®. Add 1,5 dl of water, stir until the liquid is almost clear (this may take a few minutes). Drink the prepared Picoprep® dose. Afterwards drink **5 x 2.5 dl (1.25 Liter)** clear liquids within 90 minutes.
- **Dose 2:** Fill a container with the contents of 1 Sachet Picoprep®. Add 1,5 dl of water, stir until the liquid is almost clear (this may take a few minutes). Drink the prepared Picoprep® dose. Afterwards drink **3 x 2.5 dl (1.25 Liter)** clear liquid within 60 minutes.
- **Important:** The intake of any fluid should be completed no later than 3 hours prior to the examination. Possible clear liquids are: water, clear soups, clear juices (without pulp), soft drinks, tea or coffee (without milk). Stay within easy reach of an unoccupied toilet while taking the preparation.

Splitting of doses according to the time of your examination

Splitting	Exam btw. 08.00 – 09.10	Exam btw. 09.20 – 11.10	Exam btw. 11.20 – 13.40	Exam btw. 13.50 – 16.30
Dose 1	Evening before exam 19.00 – 20.00	Evening before exam 19.00 – 20.00	Evening before exam 19.00 – 20.00	Day of exam 07.00 – 08.00
Dose 2	Day of exam 04.00 – 05.00	Day of exam 05.20 – 06.20	Day of exam 07.20 – 08.20	Day of exam 09.50 – 10.50

If you have any questions, please call us at 061 206 86 86.