

## Instructions for bowel cleansing with Picoprep®

### How to prepare properly

A clean and completely empty bowel is essential for optimal assessment of the bowel during colonoscopy. Inadequate bowel preparation may result in the examination having to be repeated. Preparation is considered successful when your stool is clear, like '**chamomile tea**', and **no longer contains any solid components**.

Please read these instructions carefully and follow the recommendations exactly.

### 3 days before examination: Change of diet

Avoid foods with seeds, grains or high fiber content.



#### What should I avoid eating?

Grains, seeds, fibre-rich foods

- ✗ Wholemeal products, nuts, seeds
- ✗ Vegetables, salad, mushrooms
- ✗ Fruit with seeds and skin (berries, grapes, kiwi, etc.)



#### What can I eat?

Light, low-fibre foods

- ✓ Rice, pasta (not wholemeal), potatoes without skin
- ✓ White bread, toast, rusks
- ✓ Fish, poultry, tofu
- ✓ Dairy products (butter, cheese, yoghurt), eggs
- ✓ Bananas, apple sauce

### 1 day before the examination


You may eat light, low-fibre meals until noon. It is not necessary/advisable to fast the day before the examination.


- **breakfast:** light/low-fibre (✓ list above)
- **lunch:** by 12 noon at the latest: light/low-fibre (✓ list above)
- **from 2 pm: no more solid food, only clear liquids**
  - ✓ water, syrup, clear apple juice, light tea, coffee without milk, clear broth, water ice cream (sorbet)
  - ✗ coloured drinks (e.g. dark fruit tea/black tea), drinks with pulp, milk, alcohol


## Preparation and intake of Picoprep®


### 1 day before the examination

#### At 5 pm

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1. Fill a glass with 150ml of cold water
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2. Pour the content of one sachet into the jar.
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3. Stir for 2 – 3 minutes, then drink the solution and wait for 30 minutes
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4. Then drink at least 5 x 250ml of clear, non-carbonated liquids over several hours


*After taking the first dose, diarrhea after 1-3 hours and lasts about 2-6.*


### On the day of the examination

#### Time depending on your appointment

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1. Fill a glass with 150ml of cold water.
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2. Pour the content of one sachet into the jar.
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3. Stir for 2 – 3 minutes, then drink the solution and wait for 30 minutes
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4. Then drink at least 5 x 250ml of clear, non-carbonated liquids over several hours

### Tips and advice

- If the solution becomes warm after mixing, allow it to cool or add an ice cube.
- **Do not drink water alone.** Combine it with apple juice, syrup, clear broth or clear isotonic sports drinks, for example.
- To prevent irritation of the anus, you can apply a greasy or zinc-containing ointment.
- Your medication should be taken 3 hours before the first dose of Picoprep or after the examination.
- Blood thinners such as Marcoumar, Eliquis, Xarelto, Pradaxa or Lixiana usually must be paused before a colonoscopy. Please inform us or discuss this with your GP.
- Aspirin Cardio does not need to be discontinued.