

Colon preparation with Bisacodyl and Picoprep®

Your colon needs to be thoroughly cleansed before a colonoscopy. This allows the doctor to examine the intestinal wall properly and uncover any abnormalities. If your colon is not clean (enough) on the day of the treatment, then it may not be possible to proceed with the colonoscopy. Therefore, it is important that you read and perform the enclosed instructions thoroughly, so that you are properly prepared.

The preparations for the examination consist of:

- Following a low-fiber diet, from 3 days before the examination.
- Taking Bisacodyl® and Picoprep® (laxatives).
- Drinking 4 liters of water or clear fluids.

Unless the doctor/nurse gives you other instructions, you will use Bisacodyl® and Picoprep® (laxatives) to clean your colon.

Please follow the schedule provided below. Please do not follow the schedule described in the package leaflet of the laxatives.

Low-fiber diet

You will start a low-fiber diet three days before the scheduled examination. This means that you may not eat certain high-fiber foods.

Products that you should NOT eat

- **Wholegrain products, such as:**
Bread with seeds and wholegrain bread. Wholegrain and multi-grain pasta and brown rice.
- **Fibrous vegetables, such as:**
Asparagus, celery, sauerkraut, runner beans, green beans, leek, peas, legumes, bean sprouts, corn, mushrooms, tomatoes, onions, garlic, spinach, endive, bell peppers, salad.
- **Fruits that contain fibers and/or pips, such as:**
Orange, grapefruit, tangerine, kiwi, blackberries, grapes, strawberries and dried fruits.
- **And also:**
Nuts, peanuts and seeds (such as sesame seed and poppy seed).
Sugar substitutes or products that contain sorbitol.

Products that you CAN eat

- **Bread-based meals, such as:**
Crackers, white or light brown bread with margarine or butter.
Lean meats, cheese, a boiled egg, "hagelslag", chocolate spread, honey, syrup and jelly without pips.
- **Fruit, such as:**
Apple sauce, fruit purée, soft ripe fruit or tinned fruit without pips, fiber or peel.
- **Hot meals, such as:**
Soup with pieces of meat, vermicelli and/or meatballs (but no vegetables).
Potatoes, white rice, pasta, macaroni. Lightly grilled lean meat, fish or chicken (without the skin).
- **Boiled vegetables, such as:**
Beetroot, cauliflower, broccoli, carrots.
- **Desserts, such as:**
Custard, pudding, quark or yoghurt.

P.T.O.

Laxative schedule

Please follow the laxative schedule provided below for Picoprep®. The preparation schedule distinguishes between a procedure performed before noon and a procedure performed after noon. Please pay close attention to the correct schedule. It is important that you drink the entire amount of prescribed liquids.

3 days before the examination:

You will start a low-fiber diet from 8:00am

2 days before the examination:

You will take two tablets of **Bisacodyl® with 2 glasses of water at 10:00pm**. These tablets will ensure that the intestines start to function. Side effects can include intestinal cramping.

1 day before the examination:

You can dissolve the Picoprep® by mixing 1 sachet of Picoprep powder with 1 glass of tap water (150 mL). Stir the mixture until the powder is completely dissolved. This can take up to 3 minutes.

- You will eat your last (low-fiber) meal at 5:00pm.
- You may not eat **any solid food after 6:00pm**.
- Drink the **first glass of Picoprep** solution between 6:00pm and 8:00pm.
- Then drink at least **2 liters of clear liquids*** within 3 hours.

On the day of the examination:

(Your examination will take place before noon)

- Drink the **second glass of Picoprep® five hours before the scheduled start time of your examination**.
- Drink at least **two liters of clear liquids** no less than two hours before the scheduled time.

On the day of the examination:

(Your examination will take place after noon)

- Drink the **second glass of Picoprep®** between 7:00am and 9:00am.
- Drink at least **two liters of clear liquids** between 9:30am and 10:30am.

You may drink clear liquids* without alcohol up to 2 hours before the examination.

* The following clear liquids are permitted:

Water, clear apple juice, lemonade, tea or coffee without milk, sieved broth and clear sports drinks.

Tips for taking Picoprep®

- Drink it (ice) cold from the refrigerator.
- Use a straw to drink the Picoprep, so that it goes further to the back of your mouth.
- Add a bit of lemon juice or syrup for flavor.
- Do not drink the first liter too quickly. Divide the liter over 5 glasses and drink one glass every fifteen minutes.

Effect of Picoprep®

Picoprep® will cause you to pass a lot of feces for up to two hours after drinking this product. The effect will decrease slightly after these two hours. Often people will also pass a lot of feces in the morning after taking the laxative. At the end of the preparation, you will only pass clear yellow fluids from the intestines.

Please contact the Endoscopy department if you experience problems taking the Picoprep®, for example because you feel nauseous or need to vomit, or if you are not sure whether your colon is sufficiently cleansed.