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SPECIALISTS IN DIAGNOSTIC RADIOLOGY

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BOWEL PREPARATION FOR CT COLONOSCOPY

PATIENTS NAME: _____ REFERRING DOCTOR: _____

DATE: _____ TIME: _____

PREPARATION GIVEN BY: _____ PREPARATION GIVEN TO: _____

PROCEDURE EXPLAINED TO: _____ WARD: _____

TWO DAYS PRIOR TO PROCEDURE DATE: _____

LOW FIBRE DIET - MAYO CLINIC LOW FIBRE DIET

No fresh fruits, vegetables, whole grain breads, cereals, pasta, brown rice and beans

ONE DAY PRIOR TO PROCEDURE DATE: _____

Breakfast only - Boiled/poached egg. White/brown bread or toast. Tea/Coffee no milk

IMPORTANT POINTS TO CONSIDER

A clean bowel is very important for the examanination. Please follow instructions carefully.

The success of the examination depends on a properly prepared bowel.

Bowel movements start 2 - 3 hours after taking the first picoprep/picolax dose.

Bowel movements may continue intermittently up to 3 hours after the last dose is taken.

Clear fluids - Clear soup, jelly, black tea/coffee. Clear fruit juice = apple, grape, litchi. Energy drinks or Rehydrate.

Picoprep/picolax produces watery stools which will become clear with no solid matter.

Apply thin thin layer of Vaseline or Fissan Paste around anus before drinking Picoprep/Picolax and after each bowel movement if required.

Small sips of water can be taken 4 hours before the examination.

Course of Quatroflora can be taken after the procedure to restore intestinal flora if required.

FAECAL TAGGING

DATE	DAY	BREAKFAST	LUNCH	DINNER
	TWO DAYS BEFORE PROCEDURE	Low Fibre Meal	One teaspoon of Barium mixed into Low Fibre Meal	One teaspoon of Barium mixed into Low Fibre Meal
	DAY BEFORE PROCEDURE	One teaspoon of Barium mixed into Low Fibre Meal	Bowel Cleansing and Clear Liquid	Bowel Cleansing and Clear Fluid
	DAY OF PROCEDURE - 4 HOURS BEFORE EXAMINATION	Water		

BOWEL CLEANSING - PICOPREP / PICOLAX DATE: _____

At 16h00 (4pm)	At 18h00 (6pm)	At 20h00 (8pm)
Mix **ONE** sachet Picoprep/Picolax in 250ml of warm water Stir to form clear solution Add ice to chill Drink solution followed by a glass of water	Mix **SECOND** sachet Picoprep/Picolax in 250ml warm water Stir form a clear fluid Add ice to chill Drink solution followed by a glass of water	Mix **THIRD** sachet of Picoprep/Picolax in 250ml warm water Stir to form a clear solution Add ice to chill Drink the solution followed by a glass of water