

**Picoprep Instructions**  
**For Colonoscopy**

Follow same as Fleet instructions in the colonoscopy instruction booklet substituting Picoprep sachet for Fleet mixture. Three sachets of Picoprep are required for adequate colonoscopy preparation instead of two bottles of Fleet.

Day before your examination is nothing to eat but clear liquids are to be taken throughout this day. Ensure sufficient fluids are taken on this day.

Take 1<sup>st</sup> sachet at midday on the day before examination by dissolving the contents of the sachet in a cup of warm water. Drink the contents followed by a mug of clear liquid. More clear liquid may be taken if desired.

The 2<sup>nd</sup> sachet is repeated as above between 5-7 pm the night before procedure and the 3<sup>rd</sup> sachet is taken as above three hours before the procedure.

After completing the 3<sup>rd</sup> sachet followed by the mug of clear liquid - nothing to drink until after procedure

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<sup>1</sup> Picoprep instructions  
Revision 1  
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