

## Capsule Endoscopy Bowel Preparation Instruction Sheet

To ensure optimum views for this procedure, your stomach and small bowel must be flushed clean. Picoprep will induce diarrhoea.

Please follow these instructions on the day **BEFORE** your appointment;

1. Have a normal sized breakfast.
2. Eat a light lunch then **DO NOT EAT AFTER 12 NOON**. You may drink **CLEAR** fluids only ie: clear fruit juices, lemonade, light coloured Powerade, jelly (not red jelly), broths, black tea or coffee.
3. Dissolve contents of the Picoprep sachet in a glass of warm water. If preferred cool in the refrigerator until you are required to drink it.
4. At **3pm** drink the Picoprep followed by a glass of water.
5. Continue drinking **CLEAR** fluids regularly through out the evening to prevent dehydration. Aim to drink approximately 2 litres. Drinks may be warm or hot if you are feeling cold.
6. Nausea may occur but will usually resolve once bowel motions begin.
7. Have nothing to drink after **12 MIDNIGHT**.

### Please note:

You may take important medication up until 2 hours before you appointment time, with a small mouthful of water.

If you are taking Iron tablets, please **STOP** taking these **5** days prior to your appointment. If you are taking Pentasa tablets, please stop taking these **2** days before your appointment.

If you take any Anticoagulant (medication that thins the blood) tablets or injections, please discuss this with our Registered Nurse.

If you suffer from Angina or Asthma, please bring your GTN spray or inhalers with you to your appointment.

If you are an insulin-dependent Diabetic, please bring your insulin and glucometer with you. You will need to have contacted your GP or Diabetic Specialist/Nurse regarding managing your diabetes during the bowel prep.

The Sensor belt is a little bulky so you should wear loose fitting, comfortable clothing to your appointment. A large top and elastic-waisted trousers are best, dresses are unsuitable. The top you choose to wear should be of a thin natural fibre and long enough to reach hip level as the sensor belt will be placed over this.