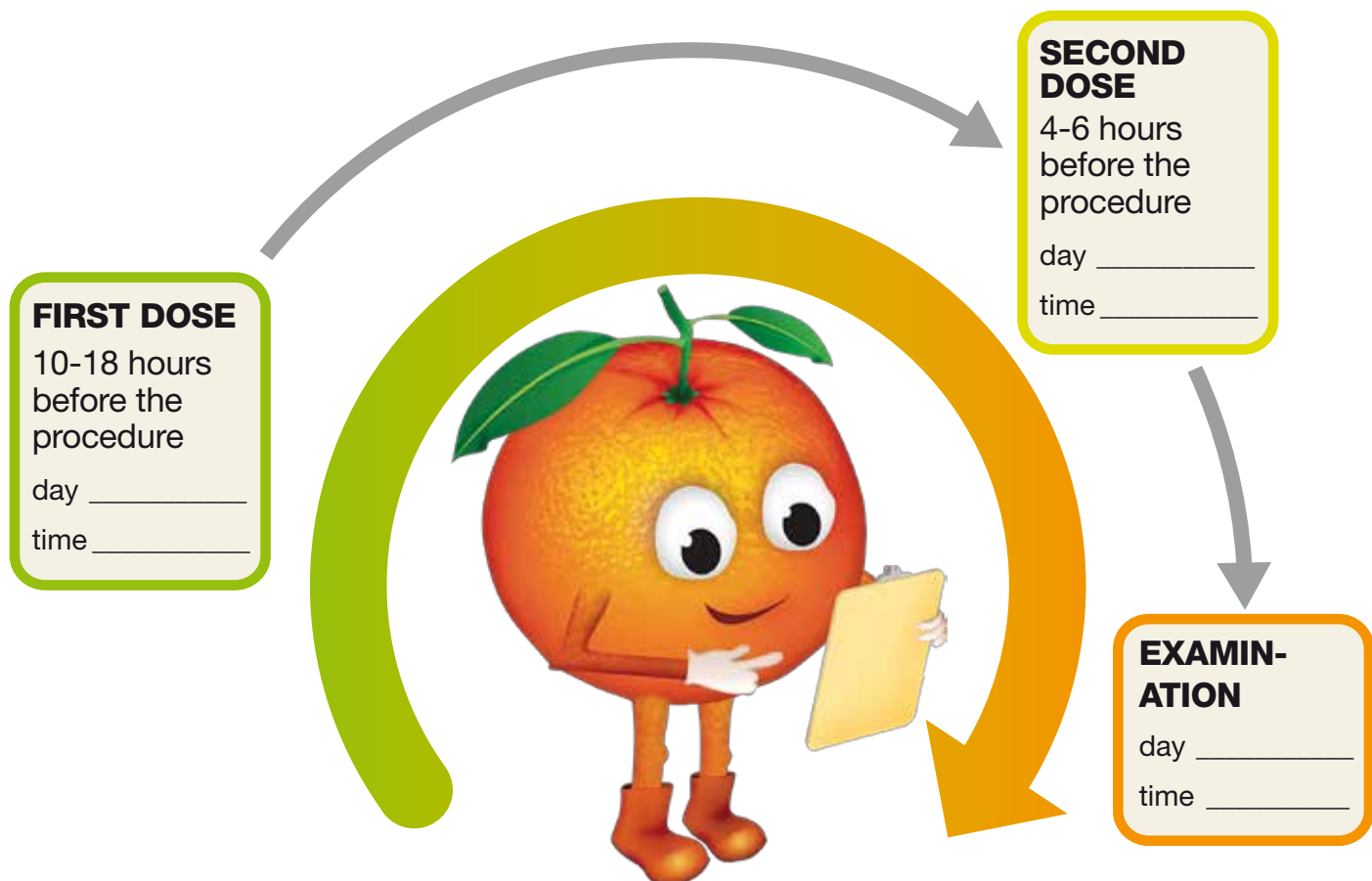


Preparing for a colonoscopy with PICOPREP®

You have been prescribed with Picoprep, a drug used for colon cleansing. It is important for a successful colonoscopy that your colon has been cleansed well.

Important notes before you start

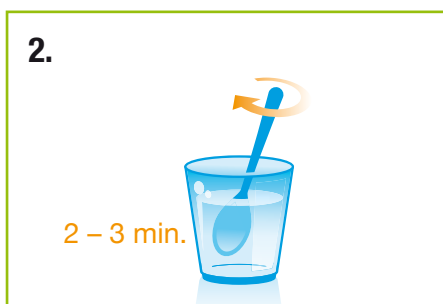
Discuss possible other regular medications with your doctor before using the colon cleansing medication. Stop using any iron supplements one week before the examination. If you are prone to having constipation, buy a laxative from the pharmacy and use it for 2-3 days according to the instructions before starting the colon cleansing. You should also follow carefully the instructions on eating and drinking given by your doctor or nurse (see instructions on the next page).



The Picoprep package includes two dose bags which are taken at different times according to your doctor's instructions.



Empty the contents of one dose bag into a glass full of cold water (c.150 ml).



Stir the drink thoroughly for 2-3 minutes before drinking it.



Have a 30 min break, after which you can start drinking clear liquids.

Drink at least 2,5 dl clear fluids hourly before the examination.

Important! At least 2–3 litres of clear liquids should be consumed during the colon cleansing to ensure a successful colonoscopy. It varies by person when the bowel movements begin after the first cleansing dose. Usually the bowel starts to work 2-6 hours after the first dose.

TURN OVER!

Preparing for a colonoscopy with PICOPREP®

Read these instructions carefully well in advance before the examination!

Thorough colon cleansing is necessary for a successful colonoscopy.

Clear liquids refer to

- water
- bouillon
- sieved clear soup
- juice without pulp (avoid strongly coloured juices)
- soft drinks
- tea or coffee without milk or cream

Diet:

One week before the examination, leave out from your diet any berries, fruits and vegetables containing seeds, as well as seeds (linen, sunflower) and bread containing whole seeds.

Lighten your diet 3 days before the colonoscopy. Drink plenty of liquids at this stage.

2-3 days before the examination you can eat:

- peeled fruits without the seed cores
- meat cutlets
- fresh fruit juices (without pulp)
- potatoes, fish and chicken
- macaroni and white rice

- fish or vegetable soup
- porridges
- juice soups and thickened fruit juice with the seeds sieved off
- light bread

Eating on the day of the colon cleansing and the examination:

You are not allowed to eat solid food on the day of the colon cleansing. During this day, you can only consume clear liquids. On the day of the examination, you can only consume clear liquids before the study. After the examination, you can eat normally.

Read carefully the package leaflet of Picoprep!

You can also find information on the www.picoprep.fi website

Write down here any clear liquids you have consumed during the colon cleansing: