

COLONOSCOPY PREPARATION

Procedures in the morning:

Drink the first **PICOPREP** dissolved in a glass after a light lunch **the day before** the procedure.

Then, you should drink as much as possible (tea, water, clear soup, **but no milk products!** You can also have your daily coffee, or a glass of beer or wine).

Drink the second **PICOPREP** at around 7:00 pm.

After that, **drink as much as possible** (2-4 litres in total).

At around 11:00 pm, the "deliberate diarrhoea" will stop and you can go to bed.

On the day of the procedure, you should continue to drink until 2 hours before the procedure.

Please do not consume any whole-grain products, mueslis, nuts, tomatoes or peppers in the 4 days leading up to the procedure!

Procedures in the afternoon:

You should drink as much as possible (tea, water, clear soup, **but no milk products!** You can also have your daily coffee, or a glass of beer or wine) after a light lunch **the day before** the procedure. At around 4:00 pm, drink the first **PICOPREP** dissolved in a glass and plenty of liquid after that (2-4 litres in total). Keep drinking until you go to bed.

On the day of the procedure, drink the second **PICOPREP** at around 8:00 am.

On the day of the procedure, you should continue to drink until 2 hours before the procedure.

Please do not consume any whole-grain products, mueslis, nuts, tomatoes or peppers in the 4 days leading up to the procedure!

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Procedures in the late afternoon and evening:

On the day of the procedure, drink the first **PICOPREP** dissolved in a glass at around 8:00 am.

Following that, you should **drink** (tea, apple juice, water, clear soup, **but no milk products!** You can also have your daily coffee, or a glass of beer or wine) **as much as possible** (2-4 litres in total).

Drink the second **PICOPREP** at around 12:00 pm.

On the day of the procedure, you should continue to drink until 2 hours before the procedure.

Please do not consume any whole-grain products, mueslis, nuts, tomatoes or peppers in the 4 days leading up to the procedure!