

**IOANNIS & PAVLOS KAIMAKLIOTIS**  
**Gastroenterology - Hepatology**  
**American Board Certified**  
1, Troias 2023 Strovolos Nicosia  
Tel: 22465999, 99312830, 97774178

**Patient name:**

**Date/time of procedure:**

## **COLONOSCOPY PREPARATION - PICOPREP**

### ***2 DAYS BEFORE THE PROCEDURE***

Avoid eating fruits that contain spores (figs, grapes, pomegranates, etc.) and vegetables. Also avoid bread with sesame seeds or any kind of seeds.

### ***1 DAY BEFORE THE PROCEDURE***

- **Light breakfast until 8:00 am:** Coffee, white toast (cold cuts, egg), juice (not fresh) or white cereals such as classic corn flakes. It is forbidden to include fruits or vegetables in your breakfast (as well as cucumbers, tomatoes, etc.). Avoid dairy consumption.
- **After breakfast until 4:00 pm:** Be sure to drink liquids such as water, fresh juice, tea, coffee and seven up/sprite, lucozade, gatorade, jelly (not red), mahalepi, granita ice cream and chicken/vegetable broth.

- **5:00 pm: Start taking the 1<sup>st</sup> (first) Picoprep sachet**

Instructions: Dissolve sachet in a glass of water. You can freeze it, or add lemonade/orange juice (squash), sprite and juice (not fresh) if it helps improve the taste of the medicine.

- **7:00 pm: Start taking the 2<sup>nd</sup> (second) Picoprep sachet**

In case of nausea or vomiting, stop taking the laxative for a while, drink chamomile tea and continue.

### ***DAY OF PROCEDURE***

**Dissolve the 3<sup>rd</sup> (third) sachet** in the same way and consume it from 5:30 am to 6:30 am, in one hour.

### ***NOTES***

- If your appointment is after 11:00 am, you can delay 1-2 hours at the start of the morning cleansing.
- Often, after the first glasses of Picoprep, it is natural to feel some bloating due to the large amount of fluids you drank. But these are temporary and will stop as soon as the defecation begins.
- If you are taking iron or any other anti-inflammatory drugs (such as, voltaren, nurofen, diclofenac), stop taking them 4 days before the procedure. If you are taking aspirin or anticoagulants, talk to your doctor or cardiologist for any modification. Medications for blood pressure and heart disease to be taken normally.
- You will need to take off the day of the procedure and you will need someone to drive you home.