

## **PICOPREP: For Bowel Cleansing**

### **Morning Procedure**

#### **Day Before Procedure:**

**7am** Dissolve one sachet of PicoPrep into 250ml of warm water (this may then be chilled) and then drink.

Continue clear fluid diet.

**7pm** Dissolve one sachet of PicoPrep into 250ml of warm water (this may then be chilled) and then drink.

Continue clear fluids up until midnight.

**After completion of your last PicoPrep you may continue to drink water up to 2 hours prior to admission.**