

THE TIMETABLE FOR YOUR COLONOSCOPY

COLONOSCOPY IS SCHEDULED FOR:

DATE:

TIME:

PICOPREP® SACHET 1

DATE:

TIME:

PICOPREP® SACHET 2

DATE:

TIME:

If you have any questions about your examination or preparing for it, contact your doctor or nurse.

There is an instructional video showing how to mix and take Picoprep at medicininstruktioner.se (in Swedish). On the site you can also read and download advice and recipes for easily digested food to eat before your examination.

PICOPREP®

PICOPREP (Sodium picosulfate, magnesium oxide, citric acid.)

Formulation: Powder for oral solution.

Indication: Picoprep is indicated for adults, adolescents and children from the age of one. For preparing the bowel before X-ray examination or endoscopy. For preparing the bowel when deemed clinically necessary before surgery. ATC code: A06AB58.

Pack size: 2 sachets. Rx, F. SPC updated 08-08-2016

For further information and pricing, see www.fass.se. Always follow your doctor's prescription instructions. Familiarize yourself with the patient information leaflet enclosed in the pack before you use the product.



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PICOPREP®

INSTRUCTIONS FOR PREPARING YOUR BOWEL BEFORE COLONOSCOPY



Engelska / English



INSTRUCTIONS FOR PREPARING YOUR BOWEL BEFORE COLONOSCOPY

Your doctor/nurse has referred you for a colonoscopy. This leaflet tells you the best way to prepare yourself for this examination. Familiarize yourself with the patient information leaflet enclosed in the pack before you use the product.



WHAT IS A COLONOSCOPY?

During your colonoscopy, your doctor/nurse will use a long, flexible examination instrument (as thick as your finger) called a colonoscope. It will be inserted into your anus, continue through your rectum and on into the large intestine. You may be given a sedative during the examination. The person being examined usually feels little or no pain at all during the examination. The colonoscope has a light and camera to enable the bowel to be viewed.



WHY IS A COLONOSCOPY CARRIED OUT?

Colonoscopy is used to examine your bowel and detect any:

- **Inflammation (swelling and/or redness)**
- **Polyps**
- **Other pre-cancerous conditions or possible cancers**
- **Other causes of bowel problems**

The examination also enables your doctor/nurse to remove polyps before they become cancerous, and take small samples of mucous membrane (biopsies) for further analysis.



WHAT IS VITAL FOR A SUCCESSFUL COLONOSCOPY?

A successful colonoscopy starts with a clean, empty bowel. This enables your doctor/nurse to see and examine your bowel in ideal conditions. If you attend for the examination with faeces still in your bowel, it makes it difficult to see and assess whether there are polyps or cancer in your bowel, and you may have to return to be examined at a later date.

THE CLEANER YOUR BOWEL, THE BETTER THE COLONOSCOPY

To prepare for a successful colonoscopy, your bowel should be thoroughly cleansed. Follow the instructions from your healthcare provider. Drink plenty of clear fluids before you start treatment, and carry out the preparations fully according to the instructions.

PREPARING FOR YOUR COLONOSCOPY

DIETARY INSTRUCTIONS

Stage 1:

Between 7 and 2 days before the examination you should eat food that is easy to digest. You should avoid whole grains, nuts and seeds, and food that is difficult to digest, such as mushrooms, asparagus, onions, peppers, corn and raw fruit or vegetables.

In the 24 hours before the examination do not eat any solid food. Drink only **clear fluids**. **Examples of clear fluids are:** water, cordials (not red), apple juice, bouillon, clear sports drinks and fizzy drinks with no strong colouring agents, low-alcohol beer, Resorb rehydration solution (from pharmacies, without a prescription), clear nutrition drinks, honey water, coffee and tea without milk.

Don't just drink water!



PICOPREP® is a prescription drug used to clean your bowel.

Picoprep has an orange flavour. Picoprep will give you diarrhoea for several hours. This cleans your bowel, enabling your doctor/nurse to examine you and see your bowel clearly.

TAKING PICOPREP®

Stage 2:

Dissolve the first **sachet in 150 ml cold water** and **stir for 2-3 minutes**. Drink this solution 10-18 hours before your colonoscopy, following the timing your doctor/nurse has written in this instruction.



Stage 3:

Drink at least **five 250-ml glasses of clear fluid** over the next few hours.



Stage 4:

Repeat stage 2 4-6 hours before colonoscopy, following the timing your doctor/nurse has written in this instruction. **Drink at least three glasses of clear fluid** over the next few hours. **If you feel thirsty, you can continue to drink clear fluids until two hours before your examination.**



AFTER YOUR COLONOSCOPY

After the examination, your doctor/nurse will tell you what they saw in your bowel. If any samples were taken, you will be given the results at a later time.



ASK A FRIEND OR FAMILY MEMBER TO ACCOMPANY YOU

You may be given a sedative before the examination. This means you will not be able to drive safely, and it may be difficult to get home on your own. So you should have someone who can come and collect you after your examination.

Your stomach may feel bloated and gassy after your examination. These symptoms will subside after a few hours.



BACK HOME

Rest for the remainder of the day of your examination. Start eating again with small portions, which you can increase gradually until you get back to your normal food intake.

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