

Maag Darm Leverziekten (MDL)

Vorbereitung Picoprep engels

PicoPrep preparation

Three days before the examination

From three days before the examination you must not eat any fruit containing pips, such as grapes, tomatoes and kiwis. Bread and/or crunchy muesli with seeds and/or pips must also be avoided.

These pips and seeds can obstruct the coloscope. Make sure that you drink at least 1.5 litres of fluid every day.

The day before the examination. Date:.....

1. Light breakfast	A cup of tea, rusks with a sweet topping, no wholemeal products
2. Light lunch	A cup of tea or broth, rusks or toast with a sweet topping (seedless jam, fruit-flavoured sprinkles).
3. 1:00 p.m.	2 tablets of 5mg Biscodyl Afterwards, you must not eat anything. You may only continue to drink clear liquids*.
4. 7:00 p.m.	Prepare the first sachet of PicoPrep. <ul style="list-style-type: none"> • Fill a glass with 150ml of cold water. • Empty the contents of one sachet into the glass. • Stir for 2 to 3 minutes. Then drink all the contents of the glass in one go.
5. After taking PicoPrep	Drink 2 litres of water or other clear liquids*.

* *Clear liquids: Water with or without flavour, clear apple juice, clear sport/energy drinks, clear herbal or fruit tea, sieved broth. Do not drink any coffee, black tea, red fruit juice, coke or blackcurrant juice, cloudy fruit juices (such as orange juice) or milk (products). Do not drink too many sugar-free (light) products. Because you are not allowed to eat, it is important that you drink enough liquids containing sugars and salts.*

The day of the examination Date:.....

1. Five hours before the examinationa.m./p.m.	Prepare the second sachet of PicoPrep. <ul style="list-style-type: none"> • Fill a glass with 150ml of cold water. • Empty the contents of one sachet into the glass. • Stir for 2 to 3 minutes. Then drink all the contents of the glass in one go.
2. After taking PicoPrep	Drink 2 litres of water or other clear liquid.
3. Fasted state	From 2 hours prior to the examination, you must be in the fasted state (so do not drink anything else).

The preparation is complete once your bowel movements only contain clear/light yellow liquid, without any solids.

VieCuri Medisch Centrum

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Meer informatie www.viecuri.nl

Bekijk uw medische gegevens op www.mijnviecuri.nl