



INSTRUCTIONS

PICOPREP®

1. YOUR COLONOSCOPY APPOINTMENT

Date

Time

Surname

Doctor

First name

FIRST SACHET OF PICOPREP®

On

At

 o'clock

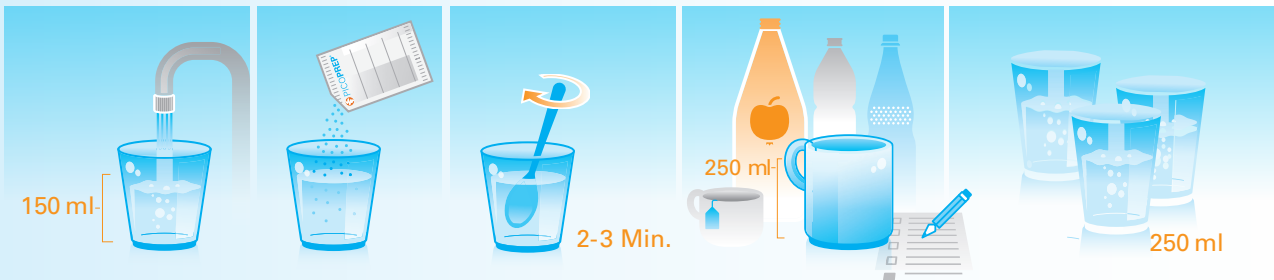
SECOND SACHET OF PICOPREP®

On

At

 o'clock

2. HOW DO YOU TAKE PICOPREP®?



1. Fill a glass with 150ml water.

2. Empty the contents of a sachet into the glass.

3. Stir for 2-3 minutes. If the solution becomes hot, wait until it has cooled down enough.

4. Drink the dissolved contents of the first sachet. Then drink **at least 5 x 250ml glasses** of a clear liquid, spread out over several hours.

5. After taking the dissolved contents of the second sachet, drink **at least 3 x 250ml glasses** of a clear liquid, spread out over several hours.

3. ADDITIONAL MEDICATION

Taken on

at

 o'clock

Taken on

at

 o'clock



INSTRUCTIONS

PICOPREP®

TAKING THE FIRST SACHET

Date

Time

After taking the first sachet, drink at least litres in total of a clear liquid of your choice.

TAKING THE SECOND SACHET

Date

Time

After taking the second sachet, drink at least litres in total of a clear liquid of your choice.

Please do not drink anything after o'clock

The bowel cleansing is complete as soon as you are only passing clear liquid without solid lumps.



DRINK LOG

Time

Drink volume in ml



Total drink volume

Time

Drink volume in ml

Total drink volume

Signature



approx. 250ml



approx. 200ml



approx. 150ml