



RAVISH JOOTUN

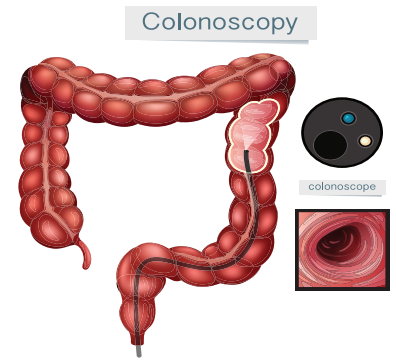
Laparoscopic, Endoscopic & Robotic Surgeon
General & Colorectal Surgery

Provider: 5733693L

Ph 9580 6332

Fax 8648 0678

Argus ravishjootun@argus.net.au



Bowel preparation Sheet for Colonoscopy

The preferred bowel prep for Mr Ravish Jootun is 3 SACHETS OF PICOPREP

BOWEL PREP INSTRUCTIONS:

- 4 days before the procedure, STOP taking any fibre supplements and iron tablets
- 3 days before the procedure

Do not eat high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

You may eat white bread, white rice, meat, fish, chicken, cheese, yoghurt, pumpkin, potato, eggs and butter

- 1 day before the procedure DO NOT HAVE ANY FOOD AT ALL

Only drink clear fluid . Drink at least 1-2 cups (250-500 mls) of clear liquids every hour during the day to prevent dehydration. The clear liquids you can drink include: water, soft drinks, jelly, tea/coffee (no milk), clear broth, mineral water or sports drinks.

No red or purple food colouring.

Vermont South medical centre
Vermont consulting suites
Level 3/5 Vermont South

645-647 Burwood Highway
Vermont Vic 3133



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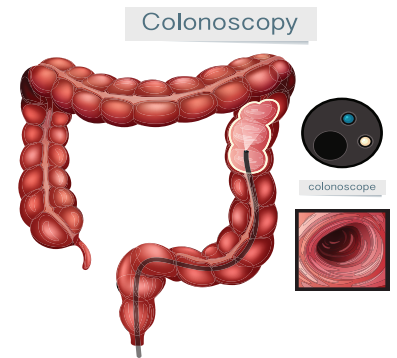
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First dose of PICOPREP at 12pm:

Add the entire contents of ONE sachet to a glassful of warm (BUT NOT HOT) water.

Drink the mixture gradually, but completely

- Ensure you drink at least 2 glasses of clear fluids each hour
- Be prepared for frequent bowel movements within 3 hours of the first dose of picoprep.

With the Picoprep, some intestinal cramps are normal.

Second dose of PICOPREP at 3pm:

Add the entire contents of ONE sachet to a glassful of warm water.

Drink the mixture gradually, but completely

Ensure you drink at least 2 glasses (glass = 250ml) of clear fluids each hour

Third dose of PICOPREP at 6pm:

Add the entire contents of ONE sachet to a glassful of warm water.

Drink the mixture gradually, but completely. This can be followed by as many glasses of water or clear fluids as desired in order to satisfy your thirst.

If your procedure is in the morning, you must FAST FROM MIDNIGHT - THIS MEANS NOTHING TO EAT OR DRINK ON THE DAY UNTIL AFTER YOUR PROCEDURE

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