

THE TASTY BOWEL CLEANSE WITH **PICOPREP®**

MAKESIDIMETRAI + NATHUMPPUSULAI

DEAR PATIENT

Your physician advised you to take **PICOPREP®** to prepare for a colonoscopy. **PICOPREP®** is a **very efficient and well-tolerated** bowel-cleansing preparation for a **thorough** and simultaneously **gentle** bowel cleanse. You take **PICOPREP®** to stimulate the natural action of the bowels and to soften the stool. An increase in bowel activities indicates the onset of the effect of **PICOPREP®** and the start of the bowel cleanse.

PLEASE NOTE THE FOLLOWING

Before a colonoscopy, your body needs plenty of fluids for cleansing the bowels. This is why you have to drink as many fluids as you are instructed to do. Every time after having taken **PICOPREP®** and waited for 30 minutes, every $\frac{1}{2}$ hour, drink at least 500 ml) of clear, **NON-CARBONATED** fluid. Do not drink only water! Apple-Juice or clear broth is also recommended.

IT IS OBLIGATORY TO FOLLOW YOUR DOCTOR'S INSTRUCTIONS FOR DRINKING!

KEEP THE FOLLOWING IN MIND

5 DAYS BEFORE THE EXAMINATION

- ⚠ Please do not eat any whole-grain products, cereal, tomatoes, grapes, kiwis or cucumbers.
- ⚠ If you take medication at regular intervals (e.g. blood thinners), discuss continued intake with your family-doctor.
- ⚠ Please also discuss a possible taking of iron preparations with your family-doctor.

3 DAYS BEFORE THE EXAMINATION

- ⚠ Preferably eat light, low-fibre meals.
- ⚠ Please eat no salad, spinach, bell peppers, mushrooms and onions because these foods can impair visibility in the intestines.

If your EXAMINATION-DATE is 7 – 11 a.m.:
The day before your Examination

- ⚠ Take **PICOPREP®** according to these instructions.

First sachet at 2 p.m., second sachet at 6 p. m.

- ⚠ After having taken the sachets, do not eat any solid food any more and drink plenty of clear fluid (every $\frac{1}{2}$ hour, 500 ml).

If your EXAMINATION-Date is 11 a. m. – 3 p. m.:
The day before your Examination

- ⚠ First sachet at 6 p. m., second sachet at 6 a. m. next morning
- ⚠ After having taken the sachets, drink plenty of clear fluid (every $\frac{1}{2}$ hour 500 ml).

Stop drinking two hours before the examination.

PREPARATION OF YOUR **PICOPREP®** DRINKING SOLUTION



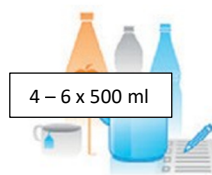
1. Fill a glass with 150 ml of cold water.



2. Empty the content of a sachet in the glass.



3. Stir for 2 - 3 minutes, then drink the solution. If the solution gets warm, let it cool off or add an ice cube.



4. Then drink 4 - 6 x 500 ml of **NON-CARBONATED** clear fluid distributed over several hours. Repeat the procedure at the time fixed for the taking of the second sachet.

IMPORTANT! After having taken **PICOPREP®**, please wait 30 minutes and then drink 4 - 6 x 500 ml of **NON-CARBONATED** clear fluid distributed over several hours. You can drink clear fruit juice (without pulp), clear soft drinks, and clear, slightly salted soups. Please **ALWAYS** combine water with apple juice, clear, slightly salted soup or clear, isotonic sports drinks. Do not drink only water! The bowel cleanse is completed as soon as you excrete only clear, lightish fluid containing no solids.

INSTRUCTIONS FOR USE

YOUR APPOINTMENT FOR THE COLONOSCOPY

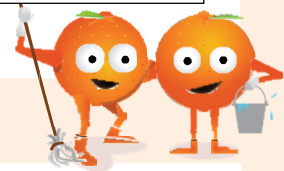
Date:

Time:

Physician/Stamp:

Endoskopische Praxis Dr. Frieß und Dr. Slusariuk

Göggingerstr. 49
86159 Augsburg
Tel. 0821 – 58 55 15



HOW TO TAKE PICOPREP®

COLONOSCOPY IN THE MORNING

Examination time approx. 7 - 11 a.m.

First sachet: 2 p.m. on the day before the exam.

Second sachet: 6 p.m. on the day before the exam.

COLONOSCOPY AT NOON / IN THE AFTERNOON

Examination time approx. 11 a.m. - 3 p.m.

First sachet: 6 p.m. on the day before the exam.

Second sachet: 6 a.m. on the day of the exam.

YOUR DRINKING SCHEDULE

FIRST SACHET



Date _____

Time _____

First glass of PICOPREP® (150 ml)

SECOND SACHET



Date _____

Time _____

Second glass of PICOPREP® (150 ml)

IMPORTANT: After having taken the first sachet, please wait 30 minutes. Then drink a total of 2 - 3 litres of clear fluid distributed over several hours.

Every 1/2 hour, please drink 500 ml of clear fluid of your choice. A large glass equals 250 ml.



**Please drink
2 – 3 liters
of clear fluid !**

After every glass you had, please tick it off. ✓

IMPORTANT: After having taken the second sachet, please wait 30 minutes. Then drink a total of 2 - 3 litres of clear fluid distributed over several hours.

Every 1/2 hour, please drink 500 ml of clear fluid of your choice. A large glass equals 250 ml.



**Please drink
2 – 3 liters
of clear fluid !**

After every glass you had, please tick it off. ✓

YOU CAN DRINK

- ☞ clear fruit juice without pulp
- ☞ clear isotonic sports drinks
- ☞ clear, slightly salted soups without vegetables, noodles, etc.
- ☞ water always to be combined with the other drinks

IT IS OBLIGATORY TO DRINK THE BEVERAGES YOU WERE INSTRUCTED TO DRINK AND THE REQUIRED VOLUME OF FLUIDS!

YOUR STOOL SHOULD BE LIGHTISH AND CONTAIN NO SOLIDS IN THE END!