



ADULT MEDICATION GUIDELINE

BOWEL PREPARATIONS

Includes ColonLYTELY® and Picoprep®

This document should be read in conjunction with this [DISCLAIMER](#)

<p>Presentation</p>	<p>ColonLYTELY® Oral powder for solution: 70g <i>Contains:</i> Sodium sulfate, macrogol 3350, sodium bicarbonate, sodium chloride, potassium chloride</p> <p>Picoprep® Oral powder for solution: 15.5g <i>Contains:</i> Sodium picosulfate, magnesium oxide, citric acid, aspartame</p>
<p>Dose</p>	<p>Detailed instructions for food and drink consumption prior to the procedure should be given to the patient.</p> <p><u>Bowel Preparation</u></p> <p>Picoprep®, Oral: Prepare dose as per instructions below. This is taken at 3pm the day before surgery (regardless if morning or afternoon procedure).</p> <p>ColonLYTELY®, Oral (RARELY USED AT KEMH): 3-4 litres of reconstituted solution over 2-3 hours. <i>Example:</i> Take at a rate of 250mL of reconstituted solution every TEN minutes until 3 to 4 litres of reconstituted solution is consumed or until rectal effluent is clear. If nausea is experienced, the rate may be reduced. <i>Morning procedure:</i> Consume on the evening before the procedure <i>Evening procedure:</i> Consume on the morning of the procedure</p> <p><u>Refractory Constipation</u></p> <p>ColonLYTELY®, Oral: 2 litres of reconstituted solution over 2 hours.</p>
<p>Administration</p>	<p><u>ColonLYTELY®</u> Dissolve the sachet contents in water, cordial or clear fruit juice, in a ratio of ONE sachet per ONE litre (1L) of fluid e.g. TWO sachets should be dissolved in TWO litres.</p>

	<p>Once reconstituted, store refrigerated and consume as per pre-operative instructions.</p> <p>The first bowel motion usually occurs 3-4 hours after commencing the dose.</p> <p>Discard any unused reconstituted solution within 72 hours.</p> <p><u>Picoprep®:</u></p> <p>Dissolve the contents of ONE sachet in a glass of warm water (250mL). This may be chilled in a refrigerator before use, if preferred to mask the taste.</p> <p>At nominated time, drink the contents followed by another glass of water. Continue drinking approved clear fluids at least a glass per hour, as per guidelines.</p> <p>The first bowel motion usually occurs 2-3 hours after commencing the dose.</p>		
Pregnancy		ColonLYTELY®	Picoprep®
	1st Trimester:	Safe to use	Consider alternative
	2nd Trimester:	Safe to use	Consider alternative
	3rd Trimester:	Safe to use	Consider alternative
Breastfeeding	Both considered safe to use		
Monitoring	<p>Bowel motions and electrolytes</p> <p>Oral medication administered within ONE hour of beginning ColonLYTELY® may be flushed from the GIT without absorption.</p> <p>Advise patients to fast for 3-4 hours before starting to drink ColonLYTELY®.</p>		
Clinical Guidelines and Policies	<p>WNHS Clinical Guideline: Bowel Care</p> <p>KEHM Patient Booklet: Having an Operation</p>		
References	<p>Australian Medicines Handbook. Macrogol Laxatives. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2018 May 04]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Macrogol. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2018 May 04]. Available from: https://thewomenspbmg.org.au/</p> <p>MIMS Australia. ColonLYTELY Powder. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2018 [cited 2018 May 04]. Available from: https://www.mimsonline.com.au</p>		

	<p>Australian Medicines Handbook. Saline laxatives. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 November 14]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Sodium Picosulfate. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 November 14]. Available from: https://thewomenspbmg.org.au/</p> <p>MIMS Australia. Picoprep. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2017 Nov 12]. Available from: https://www.mimsonline.com.au</p>
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