



**ADULT MEDICATION GUIDELINE**

# Bowel Preparations

Includes ColonLYTELY® and PicoPrep®

<b>Scope (Staff):</b>	All WNHS Staff
<b>Scope (Area):</b>	Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

## Quick Links

[Dose](#)

[Administration](#)

[Monitoring](#)

[Pregnancy and Breastfeeding](#)

## Restrictions

[Formulary: Unrestricted](#) (PicoPrep®)

Non-Formulary - [IPA Required](#) (ColonLYTELY®)

## Medication Class

Macrogol laxatives, saline laxatives

## Presentation

**ColonLYTELY® Oral powder for solution: 70g**

Contains: Sodium sulfate, macrogol 3350, sodium bicarbonate, sodium chloride, potassium chloride

**PicoPrep® Oral powder for solution: 15.5g**

Contains: Sodium picosulfate, magnesium oxide, citric acid, aspartame

## Storage

Store at room temperature, below 25°C

## Dose

Detailed instructions for food and drink consumption prior to the procedure should be given to the patient.

## Bowel Preparation

**PicoPrep®**, oral:

Prepare dose as per instructions below.

*Day prior to surgery:*

At **11am** prepare one sachet and take dose, followed by a glass of water. Then at **3pm** prepare the second sachet and take dose, followed by a glass of water.

**ColonLYTELY®** , oral (**RARELY USED AT KEMH**):

3 to 4 litres of reconstituted solution taken over 2-3 hours.

*Example:* 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.

*Morning procedure:* Consume on the evening before the procedure

*Evening procedure:* Consume on the morning of the procedure

**Faecal Impaction**

ColonLYTELY®, Oral: 2 litres of reconstituted solution over 2 hours.

**Administration**

**PicoPrep®:**

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.

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.

Bowel motion usually starts after about 1 hour, usually within 3 hours, which normally removes the bowel contents.

**ColonLYTELY®**

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. Once reconstituted, store refrigerated and consume as per preoperative instructions.

Bowel motion usually starts after about 1 hour, usually within 3 hours, which normally removes the bowel contents.

Discard any unused reconstituted solution within 72 hours.

## Monitoring

Bowel motions and electrolytes.

Oral medication taken during or within ONE hour of before administration of a bowel preparation may be flushed from the gastrointestinal tract without absorption.

## Pregnancy

	<b>ColonLYTELY®</b>	<b>PicoPrep®</b>
1 <sup>st</sup> Trimester	Safe to use	Consider alternative
2 <sup>nd</sup> Trimester	Safe to use	Consider alternative
3 <sup>rd</sup> Trimester	Safe to use	Consider alternative

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

## Breastfeeding

Considered safe to use.

## Related Policies, Procedures & Guidelines

### Patient Handbook:

[KEMH Patient Booklet: Having an Operation: Your Journey](#)

### WNHS Clinical Practice Guidelines:

[KEMH: Bowel Care](#)

## References

Australian Medicines Handbook. Macrogol Laxatives. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2022 [cited 2022 May 10]. Available from: <https://amhonline.amh.net.au/>

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