

---

# NEW ZEALAND DATA SHEET

## WARNING

Life-threatening dehydration and/or electrolyte disturbances may occur in “at risk” groups. See section 4.3 Contraindications and 4.4 Special warnings and precautions for use.

## 1 PRODUCT NAME

PICOPREP ORANGE® powder 20 g sachet

## 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

The active ingredients are:

- sodium picosulfate has a chemical formula of  $C_{18}H_{13}NNa_2O_8S_2 \cdot H_2O$ , a MW of 499.4 and a CAS No. 10040-45-6 (anhydrous)
- magnesium carbonate hydrate, has a chemical formula of  $MgCO_3 \cdot H_2O$ , a MW of 102.3 and a CAS No. 23389-33-5;
- citric acid which has a chemical formula of  $C_6H_8O_7$ , a MW of 192.1 and a CAS No. 77-92-9.

Each PICOPREP ORANGE® sachet contains sodium picosulfate 10.3 mg, magnesium carbonate hydrate 7.4 g and citric acid 12.2 g, as the active ingredients.

For the full list of excipients, see Section 6.1 List of excipients.

## 3 PHARMACEUTICAL FORM

Powder for solution. For oral use.

PICOPREP ORANGE® contains 20 g of white to creamy yellow powder which when dissolved in water produces 250 mL of solution with a mild citric acid taste.

## 4 CLINICAL PARTICULARS

### 4.1 Therapeutic indications

PICOPREP ORANGE® is indicated for bowel emptying and cleansing by means of total gastrointestinal tract perfusion in preparation for gastrointestinal examination (such as colonoscopy, barium enema x-ray examination), prior to intravenous pyelograms (IVP) or colorectal surgery, in adults and children 9 years of age and over.

### 4.2 Dose and method of administration

#### Prior to the procedure

During the day patients should drink at least one glass (approx. 250 mL) of Recommended Clear Fluids (see **APPENDIX I**), in addition to the water taken with PICOPREP ORANGE®, each hour until bedtime to maintain hydration. It is recommended that patients follow a modified diet, such as a low-fibre diet, up until they take the medication. Upon taking the medication, the patient may only have Recommended Clear Fluids. It is recommended that patients cease taking any fluids two (2) hours prior to the procedure.

### Preparation of the solution

Dissolve the contents of one (1) sachet, by slowly adding the powder in approximately 250 mL of water at room (ambient) temperature using a large suitable food grade container. The solution will appear cloudy, may become hot and produce effervescence upon reconstitution. Stir gently until the effervescence ceases. The solution may be refrigerated after reconstitution. The solution should be ingested within 24 hours of reconstitution.

### Recommended dosing

Below is the tabulated instruction for use for both single dose regimen and split dose regimen. The dosing regimen may be adjusted by a Healthcare Professional as required. A 2-sachet dose should be adequate for children from 9 years of age.

This course of treatment can be taken either as divided (split-dose) or single doses day and the timing is dependent on when the clinical procedure is scheduled.

If the procedure is scheduled for the afternoon, it is recommended that the Split-Dose regimen be used.

A split-dose regimen administered over two days provides superior bowel cleansing to a single-dose day-before regimen for a morning procedure.

Table 1- Instruction for use for single day regimen and split dose regimen – two sachet dose

<b>Single Day Regimen</b>	<b>Split-dose Regimen (evening before and day of the procedure)</b>
<p><u>Day Before Procedure</u> <i>First Dose: PICOPREP ORANGE® sachet (taken at 3 pm)</i> The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p> <p><i>Second Dose: PICOPREP ORANGE® sachet (taken at 9 pm)</i> The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p>	<p><u>Day Before Procedure</u> <i>First Dose: PICOPREP ORANGE® sachet (taken at 7 pm)</i> The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p>
	<p><u>Day Of Procedure</u> Second Dose: PICOPREP ORANGE® sachet taken approx. 2 to 5 hours prior to procedure) The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p>

Table 2- Instruction for use for single day regimen and split dose regimen – three sachet dose

<b>Single Day Regimen</b>	<b>Split-dose Regimen (evening before and day of the procedure)</b>
<p><u>Day Before Procedure</u>  <i>First Dose: PICOPREP ORANGE® sachet (taken at 1 pm)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p> <p><i>Second Dose: PICOPREP ORANGE® sachet (taken at 5 pm)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p> <p><i>Third Dose: PICOPREP ORANGE® sachet (taken at 9 pm)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p>	<p><u>Day Before Procedure</u>  <i>First Dose: PICOPREP ORANGE® sachet (taken 3- 5pm)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p> <p><i>Second Dose: PICOPREP ORANGE® sachet (taken at 9 pm)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p> <p><u>Day Of Procedure</u>  <i>Third Dose: PICOPREP ORANGE® sachet taken approx. 2 to 5 hours prior to procedure)</i>                      The solution should be ingested slowly but completely. This should be followed by one (1) glass of water and at least one (1) 250 mL glass every hour of water or Recommended Clear Fluids.</p>

**For nasogastric intubation**

Administration via nasogastric intubation should be done with careful observation to ensure proper hydration. Infuse 250 mL of the prepared solution each hour, as per oral administration, at a rate of 20 to 30 mL/minute.

**4.3 Contraindications**

PICOPREP ORANGE® should not be used by patients with clinically significant renal impairment, gastrointestinal obstruction, gastric retention, bowel perforation (frank or suspected), toxic megacolon, toxic colitis, ileus, those with a stoma, severe dehydration and hypersensitivity to any of the ingredients.

PICOPREP ORANGE® should not be used in children below 9 years of age.

#### **4.4 Special warnings and precautions for use**

##### Identified precautions

PICOPREP ORANGE® should be administered with caution in debilitated patients or patients with severe ulcerative colitis, pre-existing electrolyte disturbances, heart conditions, dehydration, congestive heart failure or diabetes.

PICOPREP ORANGE® should be administered with caution and careful observation to patients with impaired gag reflex, who are unconscious or semi-unconscious, who are prone to regurgitation or aspiration and particularly those with nasogastric intubation. Administration via nasogastric intubation should be done with careful observation to ensure proper hydration.

PICOPREP ORANGE® is likely to cause transient hypovolaemia, hence adequate fluid intake or replacement should be ensured (see Section 4.2 Dose and method of administration).

PICOPREP ORANGE® should be administered with caution in patients with congestive heart failure and pre-existing electrolyte disturbances. These patients should be monitored.

PICOPREP ORANGE® should be administered with caution to patients using calcium channel blockers, diuretics or other medications that may affect electrolyte serum levels and exacerbate volume depletion. These patients should be monitored.

PICOPREP ORANGE® may cause bloating, distension or abdominal pain, especially if administered by nasogastric tube. If this develops, the rate of administration should be slowed or temporarily ceased until the symptoms abate.

##### Use in hepatic impairment

No data available.

##### Use in renal impairment

PICOPREP ORANGE® should not be used in patients with clinically significant renal impairment (see Section 4.3). Patients with kidney disease or impaired kidney function should be monitored.

##### Use in the elderly

Caution should be exercised in the elderly as dehydration and electrolyte depletion may occur. Elderly patients must receive adequate fluids during administration.

##### Paediatric use

PICOPREP ORANGE® is contraindicated in children below 9 years of age (see Section 4.3 Contraindications).

##### Effects on laboratory tests

No data available.

**4.5 Interaction with other medicines and other forms of interactions** Oral medication, especially those medicines with a sustained release, short half-life or a narrow therapeutic window, taken within one hour of the commencing PICOPREP ORANGE® may be flushed from the gastrointestinal tract and not absorbed.

The low-dose contraceptive pill will not work when taken with PICOPREP ORANGE® as it needs as much time as possible in the gastrointestinal tract for absorption.

The use of antibiotics may reduce the effectiveness of PICOPREP ORANGE® since sodium picosulfate is broken down by colonic bacteria to form the active substance.

PICOPREP ORANGE® administration may potentially interact with medicines for heart conditions such as calcium channel blockers, diuretics or other medications that may affect electrolyte levels and other bowel cleansing preparations or laxatives.

PICOPREP ORANGE® administration may potentially interact with medicines for diabetes and diabetic patients may require adjustment of their diabetic medication, as the recommended liquid diet may affect blood glucose levels.

#### **4.6 Fertility, pregnancy and lactation**

##### Effects on fertility

No fertility studies have been conducted.

##### Use in pregnancy (Category - none)

It is not known whether PICOPREP ORANGE® can cause fetal harm or affect reproductive capacity. PICOPREP ORANGE® should only be used if the benefits clearly outweigh the risks.

##### Use in lactation

PICOPREP ORANGE® is unlikely to be excreted in breast milk as it exerts a local action and is not absorbed systemically.

#### **4.7 Effects on ability to drive and use machines**

The effects of this medicine on a person's ability to drive and use machines were not assessed as part of its registration.

#### **4.8 Undesirable effects**

Headache, dizziness, nausea, abdominal fullness and bloating are the most common reactions. Abdominal cramps, vomiting and anal irritation occur less frequently. These adverse reactions are usually transient and subside rapidly.

Hypersensitivity and anaphylactic reactions are rare adverse reactions.

Life threatening dehydration and/or electrolyte disturbances may occur in "at risk" groups (see Section 4.3 and 4.4).

Healthcare professionals are asked to inform patients that sleep disturbance or insomnia may be experienced with both a single-day regimen or a 2-day split-dose regimen.

Advice on mitigating disturbances of sleep may be provided e.g. changing dose timing or even dose-regimen if sleep disturbance is likely or the patient may be particularly anxious about the procedure.

##### Reporting suspected adverse effects

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare professionals are asked to report any suspected adverse reactions

<https://nzphvc.otago.ac.nz/reporting/>

#### **4.9 Overdose**

In the event of overdose, dehydration may occur. The calcium, potassium, chloride and sodium levels should be carefully monitored and immediate corrective action should be taken to restore electrolyte balance with appropriate fluid replacements.

For advice on the management of overdose, please contact the National Poisons Centre on 0800 POISON (0800 764 766).

### **5 PHARMACOLOGICAL PROPERTIES**

Pharmacotherapeutic group: Alimentary Tract and Metabolism, Drugs for Constipation, Osmotically acting laxatives.

ATC code: A06AD65

#### **5.1 Pharmacodynamic properties**

##### Mechanism of action

Sodium picosulfate is a stimulant laxative which, when metabolised to its active metabolite, acts directly on the colonic mucosa to stimulate colonic peristalsis. The citric acid reacts with the magnesium carbonate to form magnesium citrate, an osmotic laxative. This induces a watery stool or bowel motion, usually within three (3) hours, which normally removes the bowel contents.

##### Clinical trials

No data available.

#### **5.2 Pharmacokinetic properties**

##### Absorption

Sodium picosulfate is not absorbed systemically.

##### Distribution

No data available.

##### Metabolism

Sodium picosulfate is hydrolyzed by the colonic bacterial enzyme, sulfatase, to form the active compound bis(p-hydroxy-phenyl)-pyridyl-2-methane.

##### Excretion

No data available.

#### **5.3 Preclinical safety data**

##### Genotoxicity

No genotoxic studies have been conducted.

##### Carcinogenicity

No carcinogenic studies have been conducted.

## **6 PHARMACEUTICAL PARTICULARS**

### **6.1 List of excipients**

Natural Orange Flavour FACB076 (Proprietary Ingredient 106181)

Sweetesse Stevia™ 97 (Natural Sweetener/Steviol glycosides Ingredient 107000)

### **6.2 Incompatibilities**

Incompatibilities were either not assessed or not identified as part of the registration of this medicine.

### **6.3 Shelf life**

Approved Shelf Life as packaged for sale

2 years

### **6.4 Special precautions for storage**

Store in a cool dry place below 25°C. To reduce microbiological hazard, use as soon as practicable after reconstitution. If storage is necessary, hold at 2-8°C for not more than 24 hours or 6 hours at room temperature.

### **6.5 Nature and contents of container**

Aluminium foil sachet containing 20 g of white to creamy yellow powder with an odour characteristic of oranges and packed in an outer carton.

#### Pack Sizes\*:

2 x 20 g sachets

3 x 20 g sachets

50 x 20 g sachets

\*Not all pack sizes may be marketed.

### **6.6 Special precautions for disposal**

No special requirements for disposal. Any unused medicine or waste material should be disposed of in accordance with local requirements.

## **7 MEDICINE SCHEDULE (POISONS STANDARD)**

Restricted Medicine

## **8 SPONSOR**

Fresenius Kabi New Zealand Ltd

c/o GNZCC,

HSBC Tower, Level 14, 188 Quay Street,

Auckland 1010,

New Zealand.

## **9 DATE OF FIRST APPROVAL**

16 December 2021

## **10 DATE OF REVISION OF THE TEXT**

9 April 2026

### Summary table of changes

Section Changed	Summary of new information
4.2	Added split-dosing details
4.2	Amount of liquid to be infused corrected in Naso-gastric intubation.
4.3	Severe dehydration added as contraindication.
4.8	Adverse effects section updated to include headache, dizziness, and rare adverse reactions. Experience of sleep disturbance and insomnia and advice from
All	Minor editorial changes

## APPENDIX I

### Recommended Clear Fluids:

- water
- fat-free clear soups (e.g. strained chicken noodle soup)
- broth/bouillon, pulp-free fruit juices (e.g. apple, pear, grape)
- black tea or coffee (no milk)
- electrolyte replacing drinks
- commercial high-energy, fat-free, milk-free nutritional supplements
- carbonated beverages
- clear fruit cordials (e.g. lemon, lime, etc.)
- plain jelly
- sorbet
- plain boiled sweets
- gums and jubes

Sugar, salt, and sweetener can be used. No red or purple colouring. Barley sugar may be sucked if required.