

GLYCOPREP-C (210g – makes up 3L)
INSTRUCTION SHEET

Admission date: Time: (Approx only) Fast from:

Glycoprep –C is a purgative available from our clinic or can be **ordered and purchased** from your Chemist. The success of your examination depends on the bowel being as clean as possible, otherwise the examination may need to be repeated. **It is important to follow these instructions and not the packet.** Purchase prep from Chemist.

.....DAY **TWO DAYS BEFORE YOUR COLONOSCOPY PROCEDURE**

LOW FIBRE DIET- See sample menu plan attached.

You may eat meat, fish, chicken, eggs, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice and well cooked pumpkin or potato peeled.

Stop eating brown bread, high fibre cereals, vegetables, fruit and anything with seeds or nuts. DRINK PLENTY OF FLUIDS, (salty & sweet) approximately 3 litres throughout the day

Prepare the Glycoprep C solution by dissolving the contents of the **210g sachet in 3 Litres** of water. Chill in the refrigerator until required the following day. Follow instructions as per below.

.....DAY **ONE DAY BEFORE PROCEDURE**

If your admission time is after 2pm, you may have a light breakfast (eggs & toast) before 9am

APPROVED CLEAR FLUIDS: Water of any kind, **CLEAR** fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, chicken stock, miso, lucozade, gatorade, staminade, carbonated drinks, barley water, CLEAR broth, CLEAR lime or lemon cordial. A good combination of clear fluids, including 2 – 3 cups of broth & a litre of a sports drink eg staminade, hydrolite will give you a variation & prevent dehydration. Avoid red or purple coloured drinks, cloudy fruit juices or fruit juices with pulp, milk/dairy products.

4 PM – Commence the preparation –

Drink 1 glass of the preparation every 15 minutes until all the preparation is finished (3 L). If you feel nauseous, drink the preparation via a straw and drink some salty & sweet fluids

Continue drinking clear fluids up to bedtime. The preparation will cause multiple bowel movements and may cause some intestinal cramping. You will need nearby access to toilet facilities, plan your day accordingly.

..... DAY **DAY OF PROCEDURE**

You may drink WATER only, to a maximum of 200mls per hour, up to 2 hours prior to your admission time.

If you are taking blood thinning /anti coagulants, other than aspirin, you should discuss with your Specialist. You may need to consult with the physician who prescribed the anti coagulants.

If you are taking a combined blood pressure & diurectic medication, cease 1 day prior to your procedure. Cease Fish Oil / Krill medication x 1 week prior to your admission. Otherwise, take your usual medication (heart, blood pressure) with a sip of water on the morning of the procedure

Headache medication may be taken 4 – 6 hourly, if needed, up to 4 hours prior to appointment time.