

## THE SYDNEY CLINIC FOR GASTROINTESTINAL DISEASES

### GLYCOPREP ORANGE (3 x 70 gram sachets = 3 litres) INSTRUCTION SHEET

**Glycoprep Orange** is a bowel cleansing agent. The success of your colonoscopy examination is dependent on the bowel being as clean as possible. Please follow instructions carefully.

#### **TWO DAYS BEFORE COLONOSCOPY LOW FIBRE DIET**

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

**Stop eating** brown bread, high fibre cereals, fruit, vegetables, and anything with nuts and seeds.

**DRINK PLENTY OF FLUIDS** It is important to drink plenty of fluids up to 3 litres throughout the day is recommended

#### **ONE DAY BEFORE COLONOSCOPY CLEAR FLUIDS ONLY**

Prepare the Glycoprep Orange solution by dissolving the contents of each of the 70 gram sachets into one litre of tap water, repeat for each sachet (three litres in total). Chill in the refrigerator until required later in the day.

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

#### **APPROVED CLEAR FLUIDS**

Water of any kind, clear fruit juices (apple, pear and grape), plain jelly, black tea and coffee, bonox, clear broth, clear soup, lucozade, gatorade, staminade, carbonated drinks, lime or lemon cordial.

A good combination of clear fluids, including 2 – 3 cups of broth and a litre of an electrolyte containing drink (staminade or hydralyte) will give you a variety of sweet and salty drinks and help prevent dehydration.

Avoid red or purple coloured drinks, cloudy fruit juices, or fruit juices with pulp and milk/dairy products.

**4 PM** – Commence the preparation

Drink 1 glass of the preparation every 15 minutes until all the preparation is finished.

If you feel nauseous, drink the preparation with a straw and slow down the rate.

**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 OF COLONOSCOPY 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 coagulant medications, 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 & diuretic medication, cease one day prior to your procedure.

Cease Fish Oil / Krill medication one week prior to your admission.

Otherwise, take your usual medication with a sip of water on the morning of the procedure.

If you are a **DIABETIC**, refer to colonoscopy information for patients /carers for further details.

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

## **Important Information regarding bowel preparations and the possible complications.**

As you are about to undergo a colonoscopy you will need to know some details about the risks and benefits of the bowel preparation which you will be required to take prior to your procedure.

The bowel preparation is intended to clean the bowel completely so that there is good visualisation of the whole colonic lining, and any polyps are able to be removed.

There is a small risk of the bowel preparation causing dehydration and an imbalance to the electrolytes in the blood stream. It is important that you keep well hydrated and follow the bowel preparation instructions diligently.

To ensure that the risk of dehydration and electrolyte imbalance is minimised, you will need to do the following:

- drink a variety of different fluids frequently
- if you take blood pressure medications containing diuretics or oral diabetic medications they will need to be stopped as instructed by your specialist and your colonoscopy instruction sheet
- if you develop a severe headache, uncontrollable nausea and vomiting or a fainting episode stop the preparation and seek medical advice

The bowel preparation will induce significant diarrhoea so you will need to be close to a toilet which is easily accessible. Rushing to the bathroom may put you at risk of having a fall so be extra careful. If you use a walking aid, make sure it is nearby.

If you are over the age of 75, have a tendency to fainting, or have multiple health problems it is advisable to have someone at home with you whilst you are taking the bowel preparation.

If you have any concerns, please do not hesitate to contact your GP, Specialist or one of the clinic nursing staff for help. You may require a consultation prior to commencing the bowel preparation if you have a lot of other health issues, take multiple medications or have had significant changes in your health since you were last seen by your Specialist.

It is a requirement of The Australian Commission of Quality & Safety in Health Care, and Medicare that you understand the risks and benefits of having a colonoscopy and taking the bowel preparation.