

Extended Colonoscopy Bowel Preparation

GlycoPrep-O Kit + 1 additional GlycoPrep sachet + Movicol

Please read instructions carefully and call us if you have any questions.

For a successful colonoscopy it is very important that your bowel is thoroughly cleaned so that the lining of your bowel can be clearly seen. By the morning of your colonoscopy your bowel movements should be transparent and yellow in colour as below.



Ensure you have a responsible adult to drive you home and stay with you over night.

7 Days Prior to Procedure

Stop all iron containing medications. Continue with other regular medications unless otherwise directed by your doctor.

Please contact your GP for instructions if you are taking blood thinning medications or diabetic medications. Aspirin can be safely continued.

Contact your GP if you have a history of endocarditis, a prosthetic heart valve, severe valve disease or have a systemic pulmonary shunt - you may need to have antibiotics for your procedure.

7 Days Prior to Procedure – Dietary Restriction

You must follow a **LOW FIBRE DIET** (see list below). Drink plenty of fluids throughout the day.

LOW FIBRE DIET: (If it is **NOT** on this list – **DO NOT** eat or drink it.)

| | |
|----------------------------|--|
| Drinks | Water, tea, coffee, unflavoured milk, soft drinks, cordial (orange or yellow), strained fruit juice |
| Meats & Protein | Lean: Beef, Veal, Lamb, Pork, Chicken (no skin), Fish (Grilled or Steamed), Eggs, Tofu |
| Dairy | Milk, ice-cream, plain & cottage cheese, plain yoghurt, custard, butter or margarine |
| Fruit & Veg | Potato, pumpkin, avocado, mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, apricots (remove skin & seeds, off all fruit & vegetables) |
| Bread & Cereals | White bread/rolls, crumpets, plain pancakes/pikelets, white rice/pasta, couscous, polenta, plain bagels, breakfast cereals, e.g. Cornflakes, Rice Bubbles, Nutri-Grain |
| Other | Jellies (Orange or Yellow), chocolate, honey, <u>seedless</u> jams, vegemite, plain biscuits and cakes, Icy-Poles (Clear, Orange or Yellow) |

6 Days Prior to Procedure

MOVICOL SACHETS – Purchased from local Pharmacy

You must take two **Movicol Sachets** twice a day (two in the morning and two in the evening). Make up the Movicol by dissolving each sachet of power in 125mls (1/2 cup) of water in a glass.

1 Day Prior to Procedure

BOOKED FOR AM Procedure

7am

You may have a light low fibre breakfast following the table of allowed foods.

9am

BOOKED FOR PM Procedure

7am

You may have a light low fibre breakfast & lunch before 12pm following the table of allowed foods.

12pm

Starting from now you must **NOT** have any **SOLID FOOD** or **DAIRY PRODUCTS** until **AFTER** the procedure.

You must drink **1 GLASS** of allowed clear fluids **EACH HOUR** to ensure hydration and flushing through of the prep.

ALLOWED CLEAR FLUIDS UNTIL 6PM

Water, Jelly (only yellow or orange- NO Jelly after 6pm), tea/coffee (NO milk), clear soups, (strained chicken soup), apple juice (no pulp), lemonade, ginger ale, clear lime or lemon cordial, lemon sports drink.

11am

Dissolve the Magnesium Citrate Solution into a jug of **hot** water (about 250mls) and then transfer to a glass. Put it in the fridge for drinking at 1pm.

1pm

Drink Magnesium Citrate Solution and take all (3) Bisacodyl tablets with a glass of water.

4pm

Prepare the GlycoPrep for consuming later. Do this by dissolving each 70g sachet in 1 litre of tap water. Place all three (3) one litre solutions in the fridge to consume later.

5pm

Drink 1 litre (1 of 4) of GlycoPrep solution. Continue to drink water during and after this stage.

6pm

Drink 1 litre (2 of 4) of GlycoPrep solution. Continue to drink water during and after this stage.

7pm

Drink 1 litre (3 of 4) of GlycoPrep solution. Continue to drink water during and after this stage.












Day of Procedure

AM Procedure - 4am

PM Procedure - 8am

Drink 1 litre (4 of 4) of GlycoPrep solution
Continue to drink water hourly to ensure prep is flushed through.

Is your bowel clean?

| | | |
|---|---|---|
| <ul style="list-style-type: none">• Semi-solid stool• Dark & murky  |  | |
| <ul style="list-style-type: none">• Liquid stool• Small amount of faeces  |  | |
| <ul style="list-style-type: none">• Liquid stool• Particles present  |  | |
| <ul style="list-style-type: none">• Liquid stool• Particles present• Almost ready  |  | |
| <ul style="list-style-type: none">• Clear liquid READY  |  |  <p>What your bowel movements should look like after prep is completed.</p> |

If your bowel movements are not coming through clear, we recommend drinking additional Movicol sachets with water.

2 hours prior to admission – up until admission

You may continue to drink from a **200mL** glass of WATER which can be refilled every hour up until your admission.