

Colonoscopy Bowel Preparation

GlycoPrep-O Kit

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.

3 Days Prior to Procedure

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)

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

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.

6pm

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

8pm

Drink 1 litre (2 of 3) of GlycoPrep solution. Continue to drink water during and after this stage.

Day of Procedure

AM Procedure - 4am

PM Procedure - 8am

Drink 1 litre (3 of 3) of GlycoPrep solution.
Continue to drink water hourly to ensure prep is flushed through.

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.