

COLONOSCOPY BOWEL PREPARATION
MORNING PROCEDURES – GLYCOPREP O (70G x3)

It is important that you follow these instructions so that the doctor can clearly see the lining of your bowel. This increases the chances that your procedure will be accurate and complete and reduce the risk of any complication. If the bowel is not completely clean, your procedure may need to be postponed or repeated.

PLEASE BE SURE YOU READ BOTH SIDES OF THE INSTRUCTION SHEET

PLEASE CONTACT US IF YOU HAVE ANY OF THE FOLLOWING:

- o Significant kidney problems, heart failure or liver cirrhosis.
- o Diabetes
- o Blood thinning medications (Warfarin, Dabigatran, Ticagrelor, Clopidogrel)
- o Pacemaker or implanted defibrillator

If you are taking iron tablets, please stop taking these 5 days before your procedure.

TWO DAYS BEFORE YOUR PROCEDURE

You will need to start a low fibred diet using the table as a guide below.

FOOD GROUPS	ALLOWED	AVOID
Bread, Cereals, Rice, Pasta, Noodles	White bread, Crumpets, English Muffins, White rice, Pasta, plain sweet & Savory biscuits or cakes	Bread, Brown rice, Oats & Oat Bran, Muesli bars, Biscuits or cakes made with whole meal/Wholegrain/Fruit/nuts
Vegetables	Peeled and well-cooked potato/Pumpkin/ Zucchini/Asparagus spears, Spring onions, Button mushrooms, Strained vegetable juice	All raw vegetables, any vegetables not listed in the "allowed" column
Fruit	Pawpaw & Melon (no seeds), Banana, Well-cooked fruits with no skin or pips, Canned fruits except pineapple	Fruit with skin, pips or of very 'fibrous' texture, Dried fruit, any fruits not listed in the "Allowed" column
Milk, Yoghurt, Cheese	All varieties of milk, Plain yoghurt, Custard, Cheese, Ice-cream	Dairy products containing dried fruit, Nuts, Coconuts, or "chunky fruit" pieces
Meat, Fish, Eggs, Nuts, Legumes	Chicken (no skin), Fish, Turkey, Ham, Tofu, Eggs	Legumes (Baked beans, lentils, soybeans, kidney beans), Nuts & seeds

TURN THIS PAGE OVER FOR MORE INFORMATION

DAY BEFORE YOUR PROCEDURE

In the morning

Continue your low fiber diet for breakfast and prepare the GlycoPrep O mixtures.

Place the entire content of 1 GlycoPrep O (70g) sachet in one liter (1000mls) of water using a suitable container. Mix the solution.

Repeat the process with the next 2 sachets.

Cover the 3 mixtures and chill in the refrigerator or be left out to be taken later in the day.

11:00am

STOP EATING. Please drink at least 10 glasses of clear fluids as listed, below during the day. **Please avoid dairy food, red or purple drinks.**

- Water
- Black Tea/Coffee
- Light colored Juice/Cordial/Fizzy drinks (Lemonade, Ginger Beer, Apple Juice etc)
- Plain jelly/Clear jelly, Barley sugars

12:00pm

Take the two DULCOLAX tablets with a large glass of water. Do not eat any solid foods after taking your tablets until your procedure has been completed.

5:00pm

Start drinking the GlycoPrep O (70g x 3) mixtures that you prepared in the morning. Aim to have a glass every 15-20 minutes. **Please continue drinking at least one glass of clear fluids (list above) every hour to prevent dehydration before you go to bed.**

It is important that you drink all 3 liters of your bowel prep. If you develop severe headaches, abdominal cramps, nausea, vomiting, a fast/irregular heartbeat that is not normal for you whilst you are taking your bowel preparation, please contact Greenlane Medical Specialists to speak with a nurse (Monday- Friday 8:00am-5:30pm) or to the nearest A&E/Hospital.

DAY OF PROCEDURE

TWO HOURS before your procedure

STOP DRINKING ALL FLUIDS (Including clear fluids).

AFTER YOUR PROCEDURE

If you are given sedation, you **cannot** drive, and you **must** have a responsible adult to take you home and remain with you for the rest of the day.

You are not allowed to drive, operate heavy machinery, or make any important decisions for 12 hours. You must not drink any alcohol for at least 24 hours following the procedure.

PLEASE PHONE US IF YOU HAVE ANY QUESTIONS/PROBLEMS REGARDING YOUR PROCEDURE