

**COLONOSCOPY BOWEL PREPARATION**  
**AFTERNOON 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:

- Significant kidney problems, heart failure or liver cirrhosis.
- Diabetes
- Blood thinning medications (Warfarin, Dabigatran, Ticagrelor, Clopidogrel)
- 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
<b>Bread, Cereals, Rice, Pasta, Noodles</b>	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
<b>Vegetables</b>	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
<b>Fruit</b>	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
<b>Milk, Yoghurt, Cheese</b>	All varieties of milk, Plain yoghurt, Custard, Cheese, Ice-cream	Dairy products containing dried fruit, Nuts, Coconuts, or "chunky fruit" pieces
<b>Meat, Fish, Eggs, Nuts, Legumes</b>	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 lunch. Last meal by **5:00pm**.

### 5:00pm

**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

### 6:00pm

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.

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 the next morning.

## DAY OF PROCEDURE

### 6:00am

Start drinking the GlycoPrep O (70g x 3) mixtures that you prepared the day before. 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.*

### TWO HOURS before your procedure

**STOP DRINKING ALL FLUIDS** (Including clear fluids).

**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.

## 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.

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