

The detection rate at Colonoscopy is *strongly* dependent on the quality of your bowel preparation.

Without an adequate bowel preparation the doctor may not be able to proceed with the procedure and you may have to reschedule.

Please follow the instructions below to ensure an effective bowel prep is achieved.

Glycoprep 3L – Preparation instructions

(please read instructions thoroughly before commencing prep)

Procedure Date: _____ Arrival Time: _____ *Approx.* Procedure Time: _____

5 DAYS PRIOR TO YOUR PROCEDURE on commence low fibre diet (see attached) and cease any medications *mentioned on the attached diet sheet*.

THE DAY BEFORE YOUR PROCEDURE on

Consume clear fluids only until after your procedure. (i.e. No solid foods to be consumed) (e.g. water, clear lemon cordial, apple juice, black tea and coffee without milk, strained chicken/beef/vegetable broth, lemon jelly, lemonade ice-blocks, barley sugar, etc.) *If your procedure is later in the day this may only be from Midday – see next page for more information.*

IT IS ESSENTIAL YOU CONSUME ADEQUATE CLEAR FLUIDS INCLUDING WATER AND SUGARY/SALTY DRINKS TO ENSURE YOU REMAIN HYDRATED. IF YOU DO DEVELOP A HEADACHE YOU SHOULD TAKE PARACETEMOL AS SOON AS YOU FEEL THE HEADACHE STARTING.

YOU SHOULD CONTINUE WITH THESE CLEAR FLUIDS THROUGHOUT THE REMAINDER OF YOUR PREP UNTIL YOU ARE TO BE 'NIL BY MOUTH'.

IT IS IMPORTANT THAT YOU CONSUME ADEQUATE CLEAR FLUIDS TO ENSURE AN EFFECTIVE PREPARATION.

How to mix up and drink your prep kit: (See next page for timings specific to your procedure time)

Step 1: Take the 3 Bisacodyl tablets with water. ***Continue drinking clear fluids as explained above.***

Step 2: Prepare *MAGNESIUM CITRATE* in advance. (To be consumed later in step 3)

Place the entire contents of the Magnesium citrate in one mug of hot water (approx. 250mL). Mix the solution until dissolved, cover and store in a cool place (or refrigerate if preferred) until required to drink.

Step 3: Drink Magnesium Citrate that you prepared in step 2.

Continue drinking clear fluids. Try to drink at least 1 glass every half hour to remain hydrated. (In addition to water you are encouraged to also include other fluids from the list above)

Step 4: Add the entire contents of the sachet of GLYCOPREP-C into 3 litres of water. Stir until the powder is completely dissolved. Drink 1-2 glasses of the mixture every 15-20 minutes until completed. Drink mixture slowly but completely. Mixture should be completely consumed within 2 hours of starting. If it takes you longer then this that is fine, take the time you need.

Tip: This is best made up in advance and stored in the fridge. It can then be consumed cold through a straw. This will mean that the majority of the mixture will bypass the taste buds.

Continue to drink clear fluids until necessary to fast.

NOTHING IS TO BE TAKEN ORALLY (i.e. NIL BY MOUTH) FOR 4 HOURS BEFORE YOUR APPOINTMENT TIME.

N.B. If you feel **nauseated or bloated** stop taking the prep and wait for this to pass before recommencing. If you vomit contact the hospital you are attending as soon as possible and you may be asked to come into hospital early.

Your bowel motion should have the **appearance of urine, and be free of any particles**. If you think your motion is 'dirty', or if you are unsure, please telephone the hospital you are attending.

St Vincent's Northside Endo Unit: 3326 3346 -- St Andrew's Hospital switchboard: 3834 4444
Chermside Day Hospital: 3120 3444 -- North West Hospital switchboard: 3246 3133
North Lakes Day Hospital 3833 6755

Once you know the time of your procedure – follow the appropriate instructions below.
Note that these times are guides only and it is not vital you adhere strictly to these times.

◇ **IF YOUR APPOINTMENT IS BETWEEN 7AM – 9AM**

THE DAY BEFORE YOUR PROCEDURE:

Consume clear fluids only ALL DAY (see previous page)

2:00PM: Step 1 (take 3 tablets) followed by Step 2 (follow instructions previous page)

4:00PM: Step 3 (drink Magnesium Citrate)

6:00PM: Step 4 (drink Glycoprep) You should then be nil by mouth from _____

◇ **IF YOUR APPOINTMENT TIME IS AFTER 9AM AND BEFORE 1PM**

THE DAY BEFORE YOUR PROCEDURE:

Consume clear fluid ONLY from MIDDAY (see previous page)

4:00PM: Step 1 (take 3 tablets) followed by Step 2 (follow instructions previous page)

5:00PM: Step 3 (drink Magnesium Citrate)

6:00PM: Step 4 part 1 – Drink **2 Litres** ONLY of the Glycoprep over 2 hours (mixed up as per previous page)

ON THE MORNING OF YOUR PROCEDURE:

6:00AM*: Step 4 part 2 – Drink the final **1 Litre** of Glycoprep over 1 hour.

You should then be nil by mouth from _____

**N.B - This last sachet may need to be taken slightly earlier depending on what time your appointment is. You must be NIL BY MOUTH FOR 4 HOURS prior to your procedure. Please check with reception staff.*

◇ **IF YOUR APPOINTMENT IS AFTER 1PM**

THE DAY BEFORE YOUR PROCEDURE

Consume clear fluid ONLY from MIDDAY (previous page)

4:00PM: Step 1 followed by Step 2 (follow instructions previous page)

5:00PM: Step 3 (drink Magnesium Citrate)

THE MORNING OF YOUR PROCEDURE:

6:00AM: Step 4. (drink Glycoprep) You should then be nil by mouth from _____