

# Colonoscopy Preparation

## GLYCOPREP C - PM APPOINTMENT

Name: .....

### Appointment Details

Date: ..... Time: .....

Consultant: ..... Site: .....

## GLYCOPREP C

**In order for a colonoscopy examination to be performed the bowel must be completely empty. This is achieved with Glycoprep C, which is available from the pharmacy. Please read the information thoroughly and follow all instructions carefully.**

**Glycoprep C** is a powder, which when mixed with water is designed to liquify the stool and cleanse the bowel.

Please contact us immediately if you:

- suffer from any medical condition that may require specialised care or treatment during the preparation and/or procedure;
- are taking **Warfarin** or **Plavix** or any other **blood thinning medication**, please discuss this with your GP;
- have a pacemaker.

If you are taking **iron tablets** please discontinue them **one week prior** to your examination.

## PREPARATION

Step 1	<p><b>Two days before</b> your appointment avoid eating food with pips and seeds such as: passionfruit, kiwifruit, tomatoes, sesame or poppy seeds, wholegrain bread, cereals containing seeds, etc.</p> <p><b>Suggested foods for lunch/dinner:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Eggs, omelettes, white bread or toast (not high fibre)</td> <td style="width: 50%;">Fish, Chicken (not fried or highly seasoned)</td> </tr> <tr> <td>Plain crackers (not wholemeal or multigrain)</td> <td>Butter, margarine, honey, Marmite, Vegemite</td> </tr> <tr> <td colspan="2">Plain scones, plain biscuits eg. Arrowroot and wine biscuits</td> </tr> </table> <p>You will need to take <b>2 Bisacodyl 5mg tablets</b> with your evening meal.</p> <p><b>Bisacodyl</b> works in conjunction with your <b>Glycoprep C</b> to cleanse your bowel.</p>	Eggs, omelettes, white bread or toast (not high fibre)	Fish, Chicken (not fried or highly seasoned)	Plain crackers (not wholemeal or multigrain)	Butter, margarine, honey, Marmite, Vegemite	Plain scones, plain biscuits eg. Arrowroot and wine biscuits				
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Step 2	<p><b>DAY BEFORE YOUR EXAMINATION</b></p> <p><b>CLEAR FLUIDS ONLY - NO SOLID FOOD - NO MILK PRODUCTS</b></p> <p><b>SUGGESTED CLEAR FLUIDS</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">• Clear packet soup (not canned)</td> <td style="width: 33%;">• Fruit juice, ginger ale</td> <td style="width: 33%;">• Marmite or Bovril drinks</td> </tr> <tr> <td>• Plain jelly</td> <td>• Clear ice blocks</td> <td>• Sports drinks e.g. Powerade</td> </tr> <tr> <td>• Tea and coffee (without milk)</td> <td>• Water</td> <td></td> </tr> </table> <p><b>DO NOT DRINK ANYTHING COLOURED RED, PURPLE OR ANY ALCOHOLIC BEVERAGES</b></p> <p><b>Only by carrying out the bowel preparation as per instructions will the bowel be clean enough for the procedure to be carried out.</b></p> <p>Once you start drinking your <b>Glycoprep C</b> you must continue to have only clear fluids.</p> <p><b>Morning</b></p> <ul style="list-style-type: none"> <li>• Prepare your <b>Glycoprep C</b> by mixing up the 210g pack of <b>Glycoprep C</b> with 3 litres of water. It is not necessary to chill this, but you may do so if you wish.</li> </ul> <p><b>7.00pm-8.00pm</b></p> <p>Start your bowel preparation at <b>7.00pm-8.00pm</b>.</p> <ul style="list-style-type: none"> <li>• Start drinking <b>2 litres Glycoprep C</b>. Drink one glassful every 15 minutes .</li> <li>• It will take you approx. 2-3 hours to finish.</li> </ul> <p>If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake or use a straw. It is important to keep up your fluid intake, so ensure that you drink plenty of the recommended fluids to prevent dehydration.</p>	• Clear packet soup (not canned)	• Fruit juice, ginger ale	• Marmite or Bovril drinks	• Plain jelly	• Clear ice blocks	• Sports drinks e.g. Powerade	• Tea and coffee (without milk)	• Water	
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*preparation continued overleaf*

Step 3	<p><b>DAY OF YOUR EXAMINATION</b></p> <ul style="list-style-type: none"> <li>The second dose of <b>Glycoprep C</b> is best taken 4 to 6 hours before your appointment time. If you cannot take it 4-6 hours before your appointment time, start drinking the remaining <b>1 litre of Glycoprep C</b> at <b>6.00am on the morning of your procedure</b>.</li> </ul> <p>Your bowel preparation is designed to cleanse the bowel and will cause diarrhoea like watery bowel motions. This may take 2-3 hours to work from commencement of drinking bowel preparation.</p> <ul style="list-style-type: none"> <li>On completion of bowel preparation the bowel should return a clear, possibly yellow fluid.</li> <li>You may only have black tea/coffee, clear fruit juice or water until 2 hours before your appointment.</li> </ul> <p><b>2 hours</b> prior to your appointment <b>YOU MUST HAVE NOTHING TO EAT OR DRINK.</b></p> <p><b>If you are having a gastroscopy at the same time, then no clear fluids for 2 hours before the procedures.</b></p>
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**If you experience any problems while following these instructions please contact our Endoscopy Clinic or the Clinical Nurse Advisor on 09 623 5700.**

Because sedation is generally used during the procedure it is important that you **do not drive or operate machinery for 12 hours** after your procedure .

Please arrange for someone to drive you home at the end of your examination.

### MANAGING ANY SIDE EFFECTS

We recommend that you drink the **Glycoprep C** at home where you can be close to a toilet.

One or two boiled or glucose sweets may help with the taste. For variation of taste try some clear fluids, while taking your bowel preparation.

If you have a dry mouth or are feeling dehydrated, drink more fluids such as ginger ale or Powerade.

If you are feeling nauseous, ginger ale may help due to its anti-nausea properties.

If you feel bloated try a short walk around the house or garden.

If you feel shivery and cold, wrap up warmly.

It is normal for anal soreness to occur during the cleansing of the bowel. To minimise this, Vaseline can be used on the anus before **Glycoprep C** is commenced.

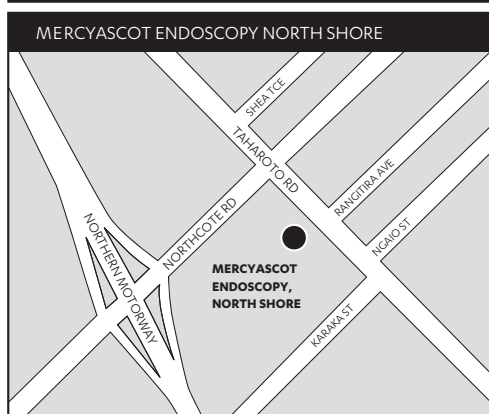
Things you will need to bring to your appointment:

- Any private bowel x-rays
- A list of any current medication
- Your referral from your doctor

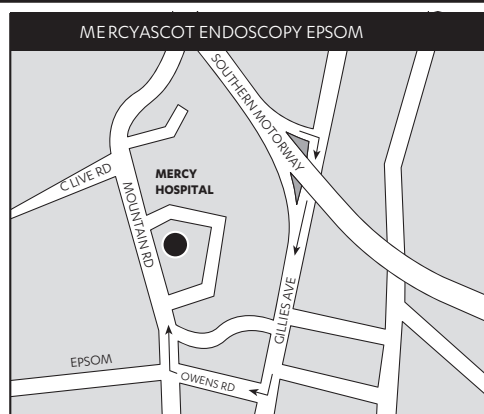
### PAYMENT DETAILS

- We advise that you apply to your insurance company for prior approval before your admission. (except Southern Cross members)
- Bring your prior approval number or letter to your appointment.
- Your account will be given to you on completion of your examination to forward to your insurance company for settlement.
- If you do not wish to apply for prior approval or do not have medical insurance we will calculate **an estimated total cost** of your procedure , which will be charged on admission.
- On completion of your stay your account will be processed and the amount adjusted accordingly. The total amount charged varies from patient to patient and any extra charges will be expected to be settled on discharge.

### LOCATIONS



Address: 46 Taharoto Road, Takapuna, Auckland 0622  
Phone: 09 486 4346 Fax: 09 486 4347



Address: 98 Mountain Road, Epsom, Auckland 1023  
Phone: 09 623 5725 Fax: 09 623 5704