

**GLYCOPREP ORANGE & BISACODYL (Dulcolax) PREPARATION
FOR MORNING PROCEDURE**



PURCHASE (from Pharmacy): Glycoprep Orange (3x 70g sachets), and
2x Bisacodyl (Dulcolax) tablets

Note: Use the instructions below and not the ones on the Glycoprep Orange box. Please follow the instructions below carefully as it will ensure the bowel is properly empty to enable the best possible examination.
If you are not passing a clear yellow fluid 2 hours prior to your procedure please contact Endoscopy Auckland.



TWO DAYS BEFORE your procedure

You should eat **Low Fibre Foods ONLY** (suggested Low Fibre diet below) and drink plenty of clear fluids.
NO fruit, vegetables (other than as below), pips, seeds, red meat, brown bread, muesli

| LOW FIBRE DIET for COLONOSCOPY PREPARATION (Box 1) | |
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| <i>A low fibre diet reduces the volume of your bowel movements, which helps with adequate cleansing of your bowel prior to colonoscopy.</i> | |
| Allowed | Avoid |
| White bread or toast Rice bubbles or cornflakes Plain crackers/biscuits or scones White rice | High fibre, wholemeal, wholegrain, fruit bread, rye bread Wholegrain breakfast cereals – muesli Sweet or savoury biscuits made with wholemeal flour, nuts, dried fruit, or coconut Brown rice |
| Skinless potato or kumara | All raw vegetables Any vegetable not in the allowed column Any fruit raw or dried |
| All varieties of milk Plain yoghurt, custard, cheese, plain ice-cream | Products containing fruit, nuts, or coconut |
| Chicken (no skin), fish (not fried), turkey (no skin), tofu, eggs (not fried), omelette | Beans, lentils, nuts, seeds Red meat |
| Butter, margarine, salad dressings Sugar, honey, Marmite/Vegemite Boiled lollies, plain chocolate Jelly (no fruit) Gravy, salt, pepper, spices | Popcorn, coconut, peanut butter, chocolate with nuts/fruit Chutney, pickles |



It is important and encouraged that you drink plenty of clear fluids to help clear your bowel and prevent dehydration.

| CLEAR FLUIDS (after stopping solid food) – (Box 2) | |
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| Allowed | Avoid |
| Water Colourless cordials or energy drinks Flat, light coloured carbonated drinks e.g. lemonade, ginger ale Strained or clear fruit juice Ice blocks (light coloured) Light coloured jelly Tea & Coffee Boiled lollies e.g. barley sugars | Highly coloured drinks/ice blocks (red, purple, green, blue) All varieties of milk |

NOTE: If you have a dry mouth or feel dehydrated, drink more fluids or water to which you have added 1 teaspoon of sugar and 1/2 teaspoon of salt per glass.



EVENING TWO DAYS BEFORE your procedure

- Take two Bisacodyl tablets between 5.00pm and 6.00pm
- Mix up the 3x 70g sachets of Glycoprep Orange with 3 litres of water and put in the fridge to chill. You will **drink this tomorrow**.

DAY BEFORE your procedure

Morning: Continue with low fibre diet (Box 1) until 1pm

Afternoon: **1pm STOP ALL SOLID FOOD** until after your procedure. **You may ONLY DRINK CLEAR FLUIDS (Box 2) including:** water, tea, coffee (**NO MILK**), flat light-coloured carbonated drinks (lemonade, ginger ale), clear apple juice.



6.00pm Start drinking 2 litres of the Glycoprep Orange mixture - finish by 8.00pm. Aim to drink 1 – 2 glasses every 15 – 20 minutes until completed. Drink plenty of clear fluids between doses.

THE DAY OF your procedure



5.00am Drink the remaining 1 litre of Glycoprep Orange



No solid food today – clear fluids only (Box 2)
Stop all fluids TWO hours before your procedure.

Your bowel preparation is designed to cleanse the bowel and will cause multiple (and sometimes urgent) diarrhoea-like watery bowel motions so it is important to stay close to a toilet. Individual response times vary and can range from 30 minutes to 3 hours from commencement of drinking bowel preparation.

It may be tempting to modify these times; however, these times have been indicated intentionally so the bowel will be as empty as possible. Please try to comply with these times.

If you are not passing a clear yellow fluid 2 hours prior to your procedure please contact Endoscopy Auckland.

A few tips for during your bowel preparation:

- If you suffer from nausea, please contact your GP *prior* to starting your bowel preparation to get some anti-nausea medication.
- If you feel nauseous *during* the preparation, ginger ale may help as it has anti-nausea properties.
- It is not unusual to feel bloated or cold during the preparation – wear warm comfortable clothing and try short walks to alleviate any bloating.
- Vaseline can be applied to the anus to reduce discomfort associated with bowel movements.
- If the taste of the preparation becomes unpleasant, sucking boiled sweets may help, or drinking with a straw.

MEDICATIONS:

- Iron tablets – discontinue these 1 week prior to the procedure
- Blood thinning medication (apart from Aspirin) – please advise Endoscopy Auckland at time of booking/as soon as possible, as there may be special instructions for preparation
- Diabetics, please notify Endoscopy Auckland at time of booking/as soon as possible, as there are special instructions for preparation
- All other medications can be taken 4 hours prior to beginning your oral laxative treatment or 4 hours after completing the bowel preparation to allow for absorption.
- Sedation - because you will have had sedation, it is important that you arrange for someone to drive you home following your procedure. **You are not permitted, by law, to drive yourself for the rest of the day.** For safety reasons you may not walk home. It is recommended that you have someone stay with you the night following the procedure.

It is recommended that you DO NOT fly for a day or two following your procedure if polyps were removed.

If you require any further assistance or information, please do not hesitate to contact us 623 2020.

We look forward to seeing you soon.