

**PREPKIT ORANGE PREPARATION
FOR MORNING PROCEDURE**



PURCHASE (from Pharmacy): PREPKIT ORANGE

(which is made up of **Glycoprep Orange 70g x 1 sachet** and **PicoPrep Orange 20g x 2 sachets**)

Note: Use the instructions below and not the ones on the PREPKIT 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)	
<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	High fibre, wholemeal, wholegrain, fruit bread, rye bread
Rice bubbles or cornflakes	Wholegrain breakfast cereals – muesli
Plain crackers/biscuits or scones	Sweet or savoury biscuits made with wholemeal flour, nuts, dried fruit, or coconut
White rice	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)	
Allowed	Avoid
Water	Highly coloured drinks/ice blocks (red, purple, green, blue)
Colourless cordials or energy drinks	All varieties of milk
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	

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



Mix up the 70g sachet of **Glycoprep Orange**, with 1 litre of water. Cover 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.



3.00pm Mix one sachet of **PicoPrep Orange** in a glass of warm water and drink the full amount. This may be chilled if you prefer. Follow with at least 1 litre of clear fluid.



7.00pm Start drinking the **Glycoprep Orange**; 1 glass every 15 minutes. Follow with at least 1 litre of clear fluid.



11.00pm Mix 2nd sachet of **PicoPrep Orange** in a glass of warm water and drink the full amount. Follow with at least 1 litre of clear fluid.

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.



THE DAY OF your procedure

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

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 for your colonoscopy, it is important that you arrange for someone to drive you home following your colonoscopy. **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.