



Preparation for Morning Colonoscopy

(Dr Rafiq Ali chooses to use **Glycoprep C** to prepare your bowel.)

Purchase from Pharmacy: **Glycoprep C 2 x 210g packs and 2 x Bisacodyl (Dulcolax) tablets**

Note: Use the instructions below and not the ones on the Glycoprep C box. Please follow these carefully as it will ensure the bowel is properly cleansed to enable the best possible examination.

Two days before your procedure:	
All day	<p><u>Start the Low Fibre Diet</u></p> <p><u>Solids:</u></p> <ul style="list-style-type: none"> Rice bubbles, cornflakes, reduced fat milk, eggs (not fried), plain tinned spaghetti, plain crackers, white bread or toast (but not high fibre), plain scones (no sultanas or dates), plain biscuits (e.g. arrowroot or wine). Butter, margarine, cheese, honey, marmalade, Marmite, Vegemite. Fish, skinless chicken (but not fried or highly seasoned) - no red meat. White rice, plain white pasta, skinless potatoes or kumara but no other vegetables. No fruit, pips, seeds, nuts, red meat, brown or wholemeal bread or muesli. <p><u>Liquids:</u></p> <ul style="list-style-type: none"> Drink as much clear fluid as possible to help clear your bowel and maintain hydration. For comfort and variation try a variety of clear fluids - water, clear energy drinks, colourless cordials and carbonated drinks, e.g. lemonade, clear apple juice, electrolyte mixes. Strained fruit juice, clear soups, e.g. strained chicken noodle. Lemon flavoured ice blocks, light coloured jellies, barley sugars, boiled sweets. Tea, coffee (a little reduced fat milk, soy milk, almond milk is okay but not lattes, flat whites or cappuccinos). No highly coloured drinks (i.e. red, green, purple) or milk based products such as yoghurt.
Evening	<ul style="list-style-type: none"> Mix up the 2 x 200g packs of Glycoprep C, each with 3 litres of water (<i>total 6 litres</i>) and put in the fridge to chill (<i>you will only be drinking 4 litres so will be discarding the remaining 2 litres</i>). You will drink this tomorrow. Take two Bisacodyl tablets between 5.00pm and 6.00pm.

The day before your procedure:	
Morning	<ul style="list-style-type: none"> Continue the low fibre diet as above.
Afternoon	<ul style="list-style-type: none"> Low fibre lunch. From 1.00pm STOP ALL SOLID FOOD until after your procedure – drink clear fluids only. Start drinking 2 litres of the Glycoprep C mixture at 5.00pm – finish by 7.00pm. Aim to drink 1-2 glasses every 15-20 minutes until completed. Drink plenty of clear fluids between doses.
Evening	<ul style="list-style-type: none"> At 10.00pm you need to start drinking the second 2 litres – aim to be finished by midnight. It may be tempting to modify these times. These times have been indicated intentionally so the bowel will be as clean as possible. The ideal time for bowel preparation is to finish drinking it 4 hours prior to your procedure. Please try to comply with these times.

The day of your procedure - fluids only today:	
	<ul style="list-style-type: none"> Remember no solid food today - clear fluids only. Stop all fluids <u>two</u> hours before your procedure

(If you have any problems with constipation, please discuss this with us as you may need more of the preparation solution to cleanse your colon).

Note: 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.

It is important to drink the full amounts of your preparation doses to achieve full bowel cleansing.

Because the preparation causes multiple (and sometimes urgent) bowel motions, it is important to stay close to a toilet. Individual response times vary and can range from 30 minutes to three hours. Vaseline can be applied to the anus to reduce discomfort during bowel movements. If you have a dry mouth or feel dehydrated, try fluids with one teaspoon of sugar and half a teaspoon of salt dissolved per glass.