



BOWEL PREPARATION INSTRUCTIONS

Morning Colonoscopy GLYCOPREP

For a successful colonoscopy, it is important that your bowel is well cleared for Dr Doudle to view the bowel lining. Poor preparation may result in cancellation of your procedure.

Advice should have been given to you, if you are diabetic or taking any of the following:

- Blood thinners, anticoagulants, anti-platelet medication (eg. aspirin, warfarin (Coumadin), Pradaxa, Xarelto, Eliquis, Plavix, Cartia, Asasantin, Brilinta, Cardiprin, Iscover)
- Diabetic or Arthritic medication
- NSAIDS (non-steroidal anti-inflammatory drugs)
- Fish oil, iron supplements, furosemide (Lasix)

**If you have any queries about this preparation,
please telephone Dr Doudle's rooms on 07 5564 6310**

3 Days Before Procedure: Follow a Low Fibre Diet (see reverse)

2 Days Before Procedure: Follow a Low Fibre Diet (see reverse)
Take 2 Dulcolax tablets at night before going to bed.

1 Day Before Procedure: **** DO NOT TAKE ANY DIABETIC MEDICATION ****

7:00 am Have a light breakfast
(eg. toast with a scraping of butter/margarine with tea or coffee with skim milk)

8:00 am **Drink clear fluids only for the rest of the day**
(see reverse for a list of approved clear fluids)

YOU CAN NOW ONLY CONSUME CLEAR FLUIDS

1:00 pm Dissolve first sachet of Glycoprep in 1 litre of water. Can be taken chilled.
Drink at least 1 glass every 15 minutes until completed.

3:00 pm Mix first sachet of Picoprep in 1 glass (250mls) of water. Leave space in glass as mixture may fizz. Better consumed chilled. Drink slowly and follow with 2 more glasses of water.

5:00 pm Dissolve second sachet of Glycoprep in 1 litre of water. Can be taken chilled.
Drink at least 1 glass every 15 minutes until completed

Day of Procedure: **** DO NOT TAKE ANY DIABETIC MEDICATION ****
Take morning medication with a sip of water
(excluding medication Dr Doudle has asked you to stop)

5:30 am Mix second sachet of Picoprep in 1 glass (250mls) of water. Leave space in glass as mixture may fizz. Better consumed chilled. Drink slowly and follow with 2 more glasses of water

6:00 am **STOP CLEAR FLUIDS - You are now NIL by mouth until after your colonoscopy**

Day 2 & 3 only before your colonoscopy
Allowed list of Low Fibre Foods & Fluids

Drink options:	Water, tea, coffee, unflavoured skim milk, soft drinks, cordial, strained fruit juices, clear soups, Milo or Ovaltine.
Meat and Protein foods:	Lean beef, veal, lamb, pork or poultry. Grilled fish. Eggs (boiled, scrambled or poached).
Dairy foods:	Milk, low fat ice-cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, powdered milk, butter or margarine.
Fruit and Vegetables:	Potato, pumpkin, marrow, squash, choko, avocado, mushrooms, ripe bananas, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches and apricots.
<u>You will need to remove the skin & seeds from all of these fruits and vegetables.</u>	
Breads and Cereals:	White bread/toast, plain/white muffins, plain bread rolls, crumpets, plain croissants, white pita bread, refined breakfast cereals, e.g. Semolina, Cornflakes, Rice Bubbles, plain pancakes/pikelets, white rice, couscous, polenta and plain bagels.
Other foods:	Clear jellies (orange, yellow), sugar, chocolate, honey, seedless jams and vegemite.

Sample Menu - Low Fibre Diet

Breakfast:	Strained fruit juice, Corn Flakes or Rice Bubbles with skim milk. Eggs, (poached, boiled or scrambled). White toast or white muffins. Tea/Coffee.
Lunch:	White bread sandwiches or roll with ham, cheese, chicken, tuna or egg. NO SALAD. Plain cake or biscuits.
Dinner:	Lean meat, steamed chicken or fish. Potato/pumpkin with NO skins, white rice.
Snacks:	Plain cake, biscuits.

Allowed clear fluids

- Apple juice
- Clear lime or lemon cordial
- Lucozade
- Jelly (only yellow or orange)
- Tea & or coffee (no milk)
- Clear soups (consommé, Bonox, chicken soup (strained))
- Soft Drinks – lemonade, ginger ale or ginger beer
- Beer or white wine (please avoid if possible)

Some helpful hints

- **Drink plenty of clear fluids.**
- Apply protective barrier cream around your anal area to reduce redness/pain eg. Lanolin
- Keep warm
- If you feel nauseated whilst taking the preparation, stop for 30 minutes and have a hot **clear drink**
- If you feel bloated, try walking around, suck some peppermints or drink peppermint tea.