

## **Morning Procedure Preparation - Glycoprep-C Kit** **(Extended prep for patients prone to constipation)**

When collecting prep from the pharmacy, please ensure that the kit contains:

- 1 x sachet Magnesium Citrate 21.5g sachet
- 3 x Bisacodyl 5mg tablets
- 1 x Glycoprep-C 210g sachet
- AN EXTRA 70G SACHET OF GLYCOPREP (TO MAKE AN EXTRA LITRE)
- MOVICOL SACHETS

### **About the procedure**

Colonoscopy is a test to look at the lining of the large bowel (colon) for polyps, bowel cancers, inflammation or other abnormalities.

Immediately before your colonoscopy, your anaesthetist will administer sedation to help you stay relaxed and comfortable throughout the procedure. Most people have little to no memory of the procedure.

The doctor then passes the flexible camera via the back passage (anus) and performs a careful inspection of the entirety of the large bowel. Any polyps that may be found may be removed, or biopsies taken. Other planned procedures will have been discussed with you in the clinic.

After the procedure, the sedation will be allowed to wear off in recovery. You may have excess wind for a short time, which is normal.

You are not able to drive or operate machinery for 24 hours, and someone else must drive and accompany you home.

To enable a careful and accurate examination of the lining, the bowel must be cleared of waste as much as possible. Inadequate bowel preparation may require a second procedure at another time, after further bowel preparation - thus instructions must be followed carefully.

Three things need to be considered:

1. Your medications
2. Your diet
3. The bowel preparation

**If you are prone to or currently suffer constipation or have a history or poor prep prior to a colonoscopy, you will need some extra help to ensure your bowel is thoroughly cleared. In this case, you will need to start the low fibre diet 5 days prior, Movicol sachets 5 days prior and an extra litre of Glycoprep prep before the colonoscopy (making 4 litres in total).**

The instructions are detailed below.

## **Medications**

Blood-thinners (e.g. clopidogrel [Iscover/Plavix], warfarin, dabigatran, apixaban or rivaroxaban) usually need to be ceased. This should have been discussed with you in the clinic, but if not then please notify Dr Morris' reception on 3177 9751.

Aspirin can generally be taken uninterrupted before and after the procedure.

Most other medications can (and should) be continued, including on the morning of the procedure.

If you require insulin for diabetes, then this will have been discussed with you in the clinic, or with your diabetes doctor.

**Fish Oil** - must be ceased one week prior to your procedure

**Iron tablets** - must be ceased at least one week prior to your procedure

## **Your Diet**

If you have a history of regular constipation, your low fibre diet needs to start 5 days prior (e.g. Monday for a Friday procedure). Otherwise, three days before hand. You should have been provided a booklet with dietary advice.

If you have a history of constipation, please start one sachet of Movicol, twice a day (dissolve each in 125mL of water). This can be purchased over the counter from any pharmacy.

## **Dietary Timeline**

1. 10 days prior to the colonoscopy
  - Cease Iron tablets/Multivitamins, Fish/Krill Oil supplements
2. 5 days prior
  - Commence daily sachets of Movicol
3. 3 days prior to the colonoscopy
  - Commence on low fibre diet (see attached diet sheet)
4. The day before your colonoscopy
  - You may have breakfast and lunch as per your low fibre diet sheet. **NOTHING SOLID TO EAT AFTER 10AM AND COMMENCE ON CLEAR FLUID DIET.**
  - It is important to drink adequate fluids to avoid dehydration. You may drink as many clear fluids throughout the day as you like

### **CLEAR FLUIDS**

- Clear or strained soup
- Jelly (green or yellow only)
- Water or strained fruit juice
- Black tea/coffee
- Herbal tea/Iced tea
- Lemonade/ginger ale
- Yellow/orange sports drinks
- Orange/Lemon cordial

5. Stop clear fluids 4 hours prior to your procedure

## Mixing, Drinking and preparation instructions

1. **Tablets afternoon prior to procedure at 3pm**
  - Take all three Bisacodyl tablets together with a glass of water
  
2. **Magnesium Citrate sachet afternoon prior to procedure at 4pm**
  - Mix the entire sachet in a large glass or bowl. Add enough water and stir until all sediments are dissolved and drink the entire glass
  
3. **4L Glycoprep night prior to procedure at 6pm**
  - Prepare the sachet of Glycoprep to make 4 litres and put into the fridge to chill
  - Drink: 1 Litre at 6pm then again at 7pm, 8pm and 9pm
  - Follow each litre by 500mls of clear fluids, preferably a sugary drink.
  - Use a straw if taste of the drink is an issue.
  - You are allowed to flavour the drink with lemon/cordial

## Some helpful hints

- Apply protective cream e.g. Lanolin around your anal area to reduce excoriation
- Keep warm
- If you feel nauseated whilst taking the preparation stop for 1/2 hour. Have a hot drink and walk around. Resume drinking and continue as before.
- If you feel bloated, try walking around, suck some peppermints/drink peppermint tea
- If you become ill and have severe pain, seek medical advice from your GP or nearest Emergency Medical Centre
- If you have haemorrhoids (piles) use your haemorrhoid cream to reduce discomfort
- Please note that a very clean bowel can only be achieved by drinking all the preparation
- If you feel your bowel motion is not clear enough please contact **Dr Morris's rooms on 3177 9751**.

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## LOW FIBRE DIET

BREADS & CEREALS	
ALLOWED	NOT ALLOWED
Plain White bread/toast Plain cakes and biscuits Plain muffins Plain pancakes/pikelets Plain bread rolls White rice Crumpets White pasta Pita bread Couscous Polenta Bagels Refined breakfast cereals (Semolina, Cornflakes, Rice Bubbles etc.)	Wholemeal, brown and rye breads Brown rice Brown pasta Multigrain breads and muffins Wholegrain cereals e.g. Bran cereals, Weetbix, Vita Brits Unprocessed bran, rolled oats Porridge Muesli Brown crumpets Cakes and biscuits containing nuts and dried fruit Wholemeal flour and oatmeal Muffins with fruit
FRUIT & VEGETABLES - <i>you will need to remove the skins and seeds</i>	
ALLOWED	NOT ALLOWED
Potato without skin Peach without skin Pumpkin without skin Pears Marrow/Squash Pawpaw <u>Choko</u> Rockmelon Avocado Watermelon Mushrooms Ripe Banana Canned peaches, apples, apricots & pears Apple without skin	All other fruits and vegetables, including salad vegetables
MEAT & OTHER PROTEIN FOODS	
ALLOWED	NOT ALLOWED
Beef Pork Veal Poultry Lamb Fish & Shellfish Eggs	Baked beans Rissoles Casseroles Stir Fry meals Lentils Nuts & Seeds Legumes Pizza

DAIRY FOODS	
ALLOWED	NOT ALLOWED
Milk Custard Ice Cream Cream or Sour Cream Plain or Vanilla Yoghurt Rice Pudding Cheese processed & plain Condensed Milk Cottage cheese Evaporated milk Powdered milk Butter/Margarine	Dairy products with fruit and seeds

DRINKS	
ALLOWED	NOT ALLOWED
Water Cordial Tea Strained fruit juices Coffee Clear soups Plain milk drinks Milo or Ovaltine Soft drinks White Wine	Unstrained fruit juices Red & green coloured drinks

OTHER FOODS	
ALLOWED	NOT ALLOWED
Plain lollies Honey Clear jellies - NOT RED Jellied strained jams Sugar Chocolate Vegemite	Jams with skins & seeds Peanut paste/butter Dried fruits & nuts Marmalade