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www.qldcolorectal.com.au

Glycoprep-C Kit - Morning Procedure

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

1 x sachet Glycoprep-C 210g (to make 3 litres)

1 x sachet Magnesium Citrate 21.5g sachet

3 x Bisacodyl 5mg tablets.

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

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. 3 days prior to the colonoscopy
 - Commence on low fibre diet (see attached diet sheet)
3. The day before your colonoscopy
 - You may have breakfast 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
4. Stop clear fluids 4 hours prior to your procedure

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. **3L Glycoprep night prior to procedure at 6pm**
 - One sachet into 3 litre jug and put into the fridge to chill (put them in 3 separate 1L containers).
 - Drink 200ml every 10-15 minutes until it is finished.
 - Follow 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**

After your procedure

You will be moved to the recovery area, and once sufficiently awake be allowed to eat and drink. You will usually receive preliminary results once you are awake and prior to discharge. A copy of the report is usually provided.

Any polyp, biopsy or other histology information will usually be available early the following week. Recovery is usually rapid after the procedure. You may experience some flatulence, bloating and increased wind for several hours, but this is normal.

Pain or bleeding is not typical for the procedure, and if severe or increasing then please contact 3177 9751 during office hours, or attend your emergency department with your colonoscopy report after hours.



qldcolorectal

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LOW FIBRE DIET

BREADS & CEREALS	
ALLOWED	NOT ALLOWED
Plain White bread/toast	Wholemeal, brown and rye breads
Plain cakes and biscuits	Brown rice
Plain muffins	Brown pasta
Plain pancakes/pikelets	Multigrain breads and muffins
Plain bread rolls	Wholegrain cereals e.g. Bran cereals, Weetbix, Vita Brits
White rice	Unprocessed bran, rolled oats
Crumpets	Porridge
White pasta	Muesli
Pita bread	Brown crumpets
Couscous	Cakes and biscuits containing nuts and dried fruit
Polenta	Wholemeal flour and oatmeal
Bagels	Muffins with fruit
Refined breakfast cereals (Semolina, Cornflakes, Rice Bubbles etc.)	

FRUIT & VEGETABLES - <i>you will need to remove the skins and seeds</i>	
ALLOWED	NOT ALLOWED
Potato without skin	All other fruits and vegetables, including salad vegetables
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	

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