

### MORNING (AM) PROCEDURES

**Date of procedure:**

**Arrival Time:**

Purchase from your local chemist one **210 GRAM** sachet of **GLYCOPREP-C** (lemon flavoured) or one **200 GRAM** sachet of **GLYCOPREP** (unflavoured).- **Prepare 3 Litre of GLYCOPREP in total.** Allow at least 2 working days for the pharmacies to prepare this for you.

### MEDICATIONS

**Stop iron tablets 1 week before the colonoscopy.** Please follow instructions given to you regarding medications.

If you are taking **oral diabetic** medications, you can still continue the medication(s) but **DO NOT** take it on the day of your preparation and the day of your colonoscopy.

If you are taking **insulin** injection for your diabetes, please half the dosage of your insulin injection during the bowel preparation and monitor blood sugar closely. **DO NOT** use any insulin on the day of the colonoscopy as you will be nil by mouth on that day.

If you are on blood thinners other than **ASPIRIN** (Plavix (clopidogrel), Warfarin, Eliquis (Apixiban), Xarelto (rivaroxaban), Pradaxa or others, they may need to be stopped prior to your colonoscopy. Please inform your doctor if you are on these medications due to its blood thinning effect. INR must be checked by local doctor if you are on Warfarin 2 days prior to colonoscopy. You can continue all other medications, including **ASPIRIN** and Antihypertensives even on the day of your colonoscopy.

### TWO DAYS BEFORE PROCEDURE – Start Low Fibre Diet

#### Solids:

- 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.**

#### Liquids:

- 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.**

**In the evening** mix up the 200gm sachet of GLYCOPREP or 210 gm sachet GLYCOPREP C with 3 litres of water, and put in the fridge to chill. You will require to **drink this tomorrow**.

### THE DAY BEFORE YOUR PROCEDURE

Please start clear fluid after a low fibre breakfast at 7 am. STOP ALL SOLID FOOD until after your procedure tomorrow – drink clear fluids only.

#### **1 pm: 1<sup>st</sup> Litre Glycoprep/ Glycoprep C**

Drink mixture slowly but completely. You should try to drink a glass about every 15 min. Total intake time should take approximately 1 hour in duration per mixture. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. This should be followed by adequate glasses of water or clear liquids (at least a glass per hour) to retain hydration throughout your body.

#### **4 pm: 2<sup>nd</sup> Litre Glycoprep/Glycoprep C**

Drink mixture slowly but completely. You should try to drink a glass about every 15 min. Total intake time should take approximately 1 hour in duration per mixture. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. This should be followed by adequate glasses of water or clear liquids (at least a glass per hour) to retain hydration throughout your body.

#### **7 pm: 3<sup>rd</sup> Litre Glycoprep/Glycoprep C**

Drink mixture slowly but completely. You should try to drink a glass about every 15 min. Total intake time should take approximately 1 hour in duration per mixture. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake. This should be followed by adequate glasses of water or clear liquids (at least a glass per hour) to retain hydration throughout your body.

**From Midnight:** Nothing to eat or drink EXCEPT REGULAR MEDICATION

Please note that you must take ALL the preparation otherwise the procedure will not be successful.

### THE DAY OF PROCEDURE

What to bring with you:

- Referral from your Doctor
- Medicare card, Pensioner/Health Cards
- Private Insurance card (if applicable)
- List of medications

What to wear:

- Light casual clothing, please remove jewellery, nail varnish and lipstick

#### **Have Someone to collect you after the procedure**

Due to the use of anaesthetic during the procedure, the effects will make you drowsy and incapable of legally driving yourself home. Please arrange a friend or relative to collect you about one and a half hours after the test, as you cannot drive or leave the hospital on your own.