

GLYCOPREP-O INSTRUCTIONS

MORNING ADMISSION



CAIRNS
GASTROENTEROLOGY
cairnsgastro.com.au

CELEBRATING 10⁺ YEARS
SERVICE IN FAR NORTH QUEENSLAND

Patient Name: _____

Procedure Date: _____

Admission Time: _____

Continue to drink water up to **3 hours prior** to procedure time.

Special instructions: You will need to purchase the following from your local pharmacy

- **1 BOX OF GLYCOPREP-O Kit** (One box of **GLYCOPREP-O** will contain 3x sachets of Glycoprep Orange, 3x Bisacodyl Tablets and 1x sachet of Magnesium Citrate)

Patient Enquiries Phone (07) 4041 2877

(During Office Hours)

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Preparing for your procedure

Your doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally clean so the Doctor can see clearly. Before your examination your doctor wants you to take GLYCOPREP-O. This product empties and cleans your bowel.

IMPORTANT: Please take all your usual medications unless otherwise instructed. If you have any questions, please call us on (07) 4041 2877

3 DAYS PRIOR to procedure, start a “low-residue diet”

Day: _____ Date: _____

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS, OR FIBRE

- Stop eating brown bread, cereals, vegetables, and fruit. Do not have anything with seeds in it. Do not have hard cheese.
- You may eat eggs, boiled chicken, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice, clear jelly, milk and well-cooked pumpkin or peeled potato.

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACKPAGE

The following table suggest types of foods to avoid and those allowed during these 3 days.

| AVOID | ALLOWED |
|---|---|
| Wholegrain bread, fibre enriched white bread, whole meal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge) | Plain white bread / panini /English muffins white toast / French toast, Cornflakes®, Rice Bubbles®, white flour, white pasta, white rice |
| Casseroles or dishes containing vegetables, Fish (seafood) and meat pastes, tough and gristly meats | Lean beef, pork, lamb, veal, poultry, eggs sausages, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes |
| Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans lentils, barley, split peas All fruit and vegetable skins and seeds | Clear strained fruit juice (clear apple, clear pear) strained vegetable juice (V8®) Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham |
| Coconut, dried fruit, nuts, sultanas, raisins, seeds eg: linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity®, Sustagen® Hospital with fibre, Nutrison Multi Fibre® | All milks, plain yoghurt, soft cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard |
| Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes | Vegemite®, honey, lemon butter, cheese spread |
| AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil®, Normafibe®, Normacol Plus®, Nucolox®, Psyllium, Benefiber®, Fybogel® | Strained broths, clear soups, beef tea, soup cubes, Water include at least 6 - 8 glasses per day, soda water, tea, coffee, Bonox®, Bovril®, cordial, Milo®, Aktavite®, Ensure®, Digestelact® |

Please note:

NO ALCOHOL 24 HOURS BEFORE PROCEDURE
NO RED MEAT 24 HOURS BEFORE PROCEDURE

THE DAY BEFORE YOUR PROCEDURE

Day: _____ Date: _____

1 day prior to your procedure, you will begin your bowel prep.

PREPARATION INSTRUCTIONS

On the day before your procedure, you can have **Light Breakfast and Light Lunch (before 1pm)** still avoiding foods containing nuts, grains, skins, seeds or fibre

ONLY CLEAR FLUIDS may be consumed after lunch. Please refer to last page of this leaflet - Clear Fluids Table (page 4).

At **2pm** take 3x **Bisacodyl tablets** with one full glass (approx. 250mL) of water. Swallow tablets whole, do not crush or chew. Continue drinking clear fluids, at least a glass (approx. 250mL) per hour.

PREPARE the **Magnesium Citrate** sachet. Slowly mix the entire contents of the Magnesium Citrate sachet in approx. 250mL of warm water (not boiling). Be aware that the solution will be effervescent (fizz and bubble). Stir gently until the effervescence ceases. The solution will appear cloudy and may be hot. Allow solution to cool before drinking.

PREPARE the **GLYCOPREP ORANGE** sachets. Mix the entire contents of each sachet in 1 litre of water at ambient temperature using a suitable food grade container and chill. The solution will appear cloudy. You will have a total of 3 litres prepared.

At **5pm**, consume the **Magnesium Citrate** solution that has been chilled (may be chilled for up to 24 hours prior to drinking). Continue drinking clear fluids, at least a glass (approx. 250mL) per hour.

At **6pm**, begin to consume the **GLYCOPREP ORANGE solution**. Ideally drink approximately 1 to 2 glasses every 15-20 minutes until all 3 litres have been consumed. If you become nauseated, reduce the rate of intake. Continue drinking clear fluids, at least a glass (approx. 250mL) per hour until bedtime.

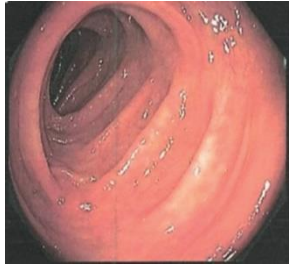
*Ideally all required fluids will be consumed by 10pm.

REMEMBER YOU NEED TO BE CLOSE TO TOILET FACILITIES WHILST YOU ARE TAKING GLYCOPREP-O KIT.

This solution is designed to give you watery diarrhoea. Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer. Please check the toilet bowl to see whether this is happening. If required apply a water repellent cream (lanolin, Vaseline, Amolin) to your anal area before the diarrhoea commences.

If you are unsure of any aspects of the preparation or you are having any adverse reaction or any problems, please contact us on (07) 4041 2877 (during office hours) or your nearest emergency department (after hours).

You have now completed your preparation for your examination. It is important to consume **ONLY CLEAR FLUIDS** until otherwise instructed. Remember you must have **NIL by mouth from 3 hours prior to procedure time**. This is important for your procedure to be successful.



Excellent Bowel Preparation



Poor Bowel Preparation

Suggested “Low Residue” Menu Plan

This menu plan is a SUGGESTION only and is not intended for long term use, as it contains fewer vegetables and fruits than is normally recommended.

| BREAKFAST | LUNCH/DINNER | SNACKS |
|---|---|---|
| Juice- clear apple, cranberry, pear, white grape Yoghurt (no fruit or nut topping) Small bowl Cornflakes® or Rice Bubbles® Eggs (x2)- poached, boiled or scrambled. Bacon, sausage Hash browns slice white toast. French toast, cinnamon sugar Vegemite®, honey Croissants- plain or ham and cheese Muffin - no fruit or nuts Crumpets and honey Pancakes with syrup Chocolate brioche Tea Coffee Water | Clear soups, broths, chicken noodle soup steak, chops, ham, chicken, turkey, plain mince (NO red meat the day before procedure). Potato or pumpkin (skinless), baked, steamed, mashed, potato salad Pasta carbonara or macaroni cheese (no tomato pastes or bottled sauces) Sandwiches- white bread / roll, panini: ham (no mustard), pastrami, corned beef, cheese, egg. Baked rice custard, chocolate mousse Plain ice-cream Water, Soft drink NO ALCOHOL DAY BEFORE PROCEDURE | Cheese and plain crackers Rice cakes, protein bars (no nuts) Ham quiche Parmesan cheese sticks Wedges with sour cream Cake based on white flour Biscuits based on white flour Chocolate biscuits – no nuts. Cheesecake- no wholemeal crust Scones with honey Pikelets with lemon & sugar or honey Waffles with syrup Vanilla slice, Doughnut, Custard Danish or custard tart, Meringue kisses Milkshakes, egg flips, protein shake Clear sports drinks, tea, iced tea Coffee, hot chocolate. |

Clear Fluids - whilst on clear fluids you are allowed the following:

| | |
|--|---|
| Water, black tea, black coffee (no milk) Yellow or orange jelly | Sports drinks (e.g., Gatorade, Powerade) NO RED, GREEN, PURPLE, or BLUE |
| Cordial – orange or lemon NO RED, GREEN, PURPLE, or BLUE | Clear soup – strain any bits out before drinking. |
| Fruit juice – pulp free orange or clear apple | Beef tea (e.g., Bovril, Bonox, soup cubes (stock cubes in hot water)) |

We understand that this is a lot of information so please do not hesitate to get into contact with us if you have any questions.