

AFTERNOON GLYCOPREP COLONOSCOPY INSTRUCTIONS

YOUR COLONOSCOPY IS ON
Date: _____

PURCHASE GLYCOPREP 210 GM (1 LARGE SACHET) FROM A PHARMACY

Glycoprep is a strong laxative which will help to clean out the bowel. Dissolve it in 2 L of warm water. Cool it down in the fridge for a better taste. (NOTE: Please follow these instructions and not the instructions from the packet).

SEVEN DAYS BEFORE THE COLONOSCOPY

- Stop eating seeds and seeded breads.
- If you are taking blood thinner medication the Doctor will advise you when you need to stop taking the medication. I.e. Plavix, Warfarin, Aspirin and anti-inflammatories.

Name of Blood Thinner: _____ Date to Stop taking: _____

Other Medication instructions: _____

THREE DAYS BEFORE THE COLONOSCOPY

We will call and give you an admission time and remind you of any excess or payment required on the day.

TWO DAYS BEFORE THE COLONOSCOPY

- If you suffer from constipation, use your usual medication to aid bowel movements. Alternatively taking 1-2 sachets of Movicol tonight will help to clean your bowel.
- Organise someone to pick you up after the procedure.

THE DAY BEFORE THE COLONOSCOPY – BOWEL PREP

- **Breakfast and Lunch:** have a light meal such as white toast and eggs.
- Start the **Clear Fluid Diet** from 1 pm
- No solids foods from this point on.
- Start to drink GLYCOPREP at 3 pm.
- Aim to drink one glass every 15-30 minutes until finished. If you feel sick, stop drinking for an hour, and come back to it later. You need to drink all of it.

THE DAY OF THE COLONOSCOPY

- Nil by mouth (including water) for 6 hours before your admission.
- Take your morning medications as per instruction by Dr Le.
- Your bowel motions should be a pale yellow liquid to indicate a clean bowel.

It is important for you to drink a lot of clear fluid throughout your preparation period to ensure the procedure is successful.

You must drink at least 1 litre of clear fluids before your 1st Glycoprep. Keep drinking clear fluid up to 6 hours before your procedure.

Clear fluid diet includes cordial, Gastrolyte, clear apple juice, Gatorade, green tea, black tea, black coffee, jelly, clear soup, such as chicken or beef stock, water and soft drink. You can make your own stock and drain off the solids.

If you can see through it, you can drink it.

If not, you can't.

TIPS TO MAKE YOUR BOWEL PREP MORE PLEASANT

- Dissolve GLYCOPREP in 2 L of warm water then cool it down in the fridge for a better taste.
- You can take Panadol for headaches.
- Expect to go to the toilet a lot. Zinc and castor oil cream or baby wipes can help to ease discomfort.

AFTER THE COLONOSCOPY

- Dr Le will give you the results of the Colonoscopy and a formal report will be sent to your family doctor. This can take 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver to come inside to collect you. A motor bike or a learner driver is not suitable.
- You should have a responsible adult care for you until the next day.
- You may return to work the next day.
- You may get a bloated feeling. Eat simple, low fat food afterwards.
- You must not travel by air for 2 weeks after a Colonoscopy.
- If any pain persists after a Colonoscopy, or if there is something you feel is unusual, please contact our clinic, your local doctor or the nearest hospital for advice.
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4455 1333.
- You may restart your medications as instructed by Dr Le or your Anaesthetist.