

Colonoscopy - Morning

Instructions using **Glycoprep** or **Glycoprep C** for **Morning** Colonoscopy

Preparation for Colonoscopy

Please follow these instructions for the best outcome of your procedure.

A colonoscopy is a visual examination of the bowel using a narrow flexible tube called a colonoscope. It is an important examination used for the diagnosis and treatment of bowel conditions. To obtain good views of the bowel lining, the bowel must be completely empty. This is achieved with the help of a preparation called **Glycoprep** or **Glycoprep C**, available from the MacMurray Centre or your chemist. **Glycoprep** consists of saline and electrolytes designed to liquefy the stool and wash out the bowel.

If you suffer from any medical condition that may require specialised information or treatment during preparation/procedure, please contact MacMurray Centre for advice **09 550 1080**.

Medications

- If you are taking iron tablets please discontinue them one week prior to the test.
- If you are taking Aspirin, Cartia, Warfarin or any other anti-coagulation (blood thinning) tablets regularly, please advise us as soon as possible.
- If you are a diabetic it is important to notify us as there are special instructions for preparation.
- You can take all other usual medications four hours prior to beginning or 4 hours after completing **Glycoprep** to allow for absorption.

Things to do prior to your Appointment

Organise someone to drop you at the MacMurray Centre and collect you approximately 1 1/2 hours after your appointment time. We don't recommend using a taxi to pick you up after the procedure.



Because a sedative is used it is very important you **DO NOT** drive or operate machinery or dangerous appliances, on the day of the procedure.

Things to bring with you to your Appointment

- Completed Patient Particular Form
- Insurance pre approval details (not required if you are insured with Southern Cross)
- List of all Medications you are currently taking


Two days before Examination

Begin low fibre diet. Only eat foods on the list below, or similar.

Low Fibre Diet

- Rice bubbles or cornflakes
- Eggs or omelettes
- White flour products (bread, pasta, plain tinned spaghetti)
- White rice
- Plain biscuits (Arrowroot or Wine), plain crackers (not wholemeal or multi grain), plain scones (no sultanas, dates)
- Potatoes
- Oil, margarine
- Dairy products (milk, butter, cheese, plain yoghurt)
- Fish, skinless chicken (not fried or highly seasoned), ham
- **No fruit, vegetables(except potatoes), nuts, seeds, legumes (beans, peas, corn, chick peas), red meat, brown bread, muesli**

Day before Examination

Morning	Continue with low fibre diet. Take two tablets of Bisacodyl (Dulcolax) (please purchase these tablets when you get the Glycoprep). Mix up the 200g pack of Glycoprep with three litres of water and put in fridge to chill if preferred
Afternoon	Low fibre lunch.  From 1.00pm stop all solid food . Drink clear fluids only until after your procedure
Evening	Start drinking the Glycoprep mixture at 4.00pm. Aim to drink 1-2 glasses every 15-20 minutes until finished

Clear Fluids

- Water, tea and coffee without milk
- Lemon flavoured energy drinks, colourless cordials and carbonated drinks.
- Strained fruit juice, some soups (e.g. strained chicken noodle)
- Lemon ice blocks, light coloured jellies, barley sugars, boiled sweets
- **No highly coloured (i.e. red, purple, green) drinks**

During your preparation it is important to drink as much clear fluid as possible to help clear your bowel and prevent dehydration. For comfort or to give variation of taste, try alternating clear fluids during your bowel preparation. Barley sugar and boiled sweets are also helpful during this time. If you have a dry mouth or feel dehydrated; drink more fluids or water with one teaspoon of sugar and half a teaspoon of salt per glass.

Please Note:

Because this preparation will cause multiple bowel motions it is advisable that you remain within easy reach of toilet facilities; therefore you may be more comfortable in your home environment. Individual responses to laxatives do vary. The preparation often works within 30 minutes but may take up to six hours. Vaseline can be applied to the anus to reduce discomfort during bowel cleansing.

If you are feeling nauseous, ginger ale may help due to its natural anti-nausea properties.

It is not unusual to feel cold or bloated when drinking the bowel preparation. Wear warm comfortable clothing and try short walks to alleviate bloating.

It is important to drink **the full amount** of bowel preparation to achieve adequate cleansing of the bowel. By the end of your preparation you should be passing colourless or clear yellow fluid from your bowel (like urine).

Day of Examination

Do not go to work.



Stop **all fluids** two hours prior to appointment.



Only by carrying out the preparation as above will the bowel be clean enough for the procedure to be carried out. A clean bowel helps satisfactory and successful examination.

If you have any questions regarding bowel preparation:

During Office Hours (08:00 – 17:00): Please call MacMurray on **(09) 550 1080**

After Office Hours: Please call the Health Line on **0800 611 116**