

### **Bowel preparation instructions for colonoscopy (Prep C kit)**

Glycoprep C 70g and x2 PicoPrep 15.5g sachets are enclosed. Please follow the instructions carefully to ensure an adequate preparation which is essential for the examination.

*The success of the examination maybe limited if the preparation is incomplete*

#### **Seven days before colonoscopy**

Stop taking iron tablets.

#### **Four days before colonoscopy**

Stop taking any constipating agents i.e. lomotil, codeine, Imodium, Gastro-stop, etc. but continue with all other medication and any laxatives until your appointment.

#### **Two days before your colonoscopy**

Eat only food from the following list: boiled or steamed white fish, boiled chicken, egg, plain yoghurt, cheese, white bread, butter, margarine, rich tea biscuits, well cooked potato/pumpkin (no skin). Have plenty to drink.

Do not eat high fibre foods such as red meat, pink fish, fruit, vegetables, cereals, salad, seeds, mushrooms, nuts, sweet corn, wholemeal or multigrain bread etc.

#### **On the day before the colonoscopy**

Have breakfast comprising of foods taken from yesterday's permitted list. After this **do not eat any solid food until after your examination**. Drink plenty of **clear fluids** (tea, coffee, squash, cordial (avoid red), carbonated drinks, water, strained clear soups, Bovril, etc). You may have small amounts of milk in tea and coffee. Clear jelly (not red) and ice cream (with no nuts or fruits) are permitted.

#### **Bowel preparation**

The Prep C kit is designed to clear your intestines. It will cause diarrhoea and you should eventually just be passing fluid. The larger sachet of Glycoprep-C 70g can be diluted in 1 litre of water and refrigerated in advance.

#### **FIRST DOSE. (3.00 p.m.)**

Add the entire contents of one sachet of PicoPrep (smaller sachet) to a glass of warm water (approximately 250mLs) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. This should be followed by adequate glasses of water or approved clear fluids\*\* (see above)-at least a glass per hour- in order to retain hydration throughout the body and allow 'flushing' of the colon (large intestine).

You should expect frequent bowel actions and eventually diarrhoea starting within 1-2 hours. Some intestinal cramping is normal. Please use a barrier cream such as zinc or castor oil on your bottom to prevent soreness. Stay within easy reach of a toilet after commencing the preparation. You may continue to consume clear fluids after the bowel preparation-see below.

#### **SECOND DOSE (6.00 p.m.)**

Remove the made up GlycoPrep-C from the refrigerator as per instructions above. Try to drink a glass of the prepared solution about every 15 minutes. Total intake time should take approximately one (1) hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

#### **THIRD DOSE (9.00 p.m.).**

Add the entire contents of one sachet of PicoPrep to a glass of warm water (approximately 250mLs) and stir until dissolved. Chill for half an hour before drinking if preferred. Drink the mixture slowly but completely. This should be followed by adequate glasses of water or

approved clear liquids\*\* (see above)-at least a glass per hour- in order to retain hydration throughout the body. If you are nauseated, slow the rate of drinking down. Further instructions are on the packet.

**On the day of your examination**

Only clear fluids are permitted. **DO NOT DRINK ANY FLUIDS FOR 4 HOURS BEFORE** the procedure (i.e. fast). If you are having your test in the morning (e.g 8.00 am), you should fast from midnight. Medication can be taken with just a sip of water in the morning. **REMEMBER** do not eat any solid foods from the time your bowel preparation commences until after the procedure.

It is most important that you follow the instructions to ensure a good examination. Contact us or either the hospital/local GP if there are any issues. An escort will need to take you home. Due to the anaesthetic, we strongly recommend that you do not drive yourself home after the procedure.