

Bowel preparation instructions for colonoscopy (Glycoprep-C kit)

Bisacodyl tablets, a sachet of Glycoprep C 210g (larger) and a sachet of Magnesium citrate 7.5g (smaller) 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. A light lunch is also permitted. 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, clear soups, Bovril, etc). You may have small amounts of milk in tea and coffee. Clear jelly (not red) and ice cream (with no fruits or nuts) are permitted.

Bowel preparation

At **8.00 a.m** on the day before your colonoscopy, swallow 1 bisacodyl tablet (one tablet) with a cup of warm water. To help wash it down drink more water. During the day drink at least one litre of fluid.

Glycoprep (Glycoprep C 210grams- the larger sachet) is designed to clear your intestines. It will cause diarrhoea and you should eventually just be passing fluid. At 3.00pm dissolve the sachet of Glycoprep in 3 litres (5 and a quarter pints) of water and refrigerate to make it more palatable. Commence drinking this at **4.00pm** the day before the procedure, at a rate of 1 litre an hour (or 1-2 glasses every 20 minutes) until finished.

If you are nauseated, slow the rate of drinking down. Further instructions are on the packet. 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.

Magnesium citrate (smaller sachet)- Mix this sachet in a hot glass of water (note it will effervesce). Refrigerate to cool it down. If your procedure is **planned for the next morning, you should consume it the night before at 8.00pm**. Alternatively if your procedure is **planned for the afternoon the next day, it can be consumed at 7.00 am the next morning**. This sachet can be omitted if you have been previously diagnosed with kidney or renal failure. After drinking the glass of magnesium citrate, drink at least 2 glasses of

water or approved clear fluids* (see above)- in order to retain hydration throughout the body and allow 'flushing' of the colon (large intestine).

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, you should fast from midnight. Those who are having their procedure in the afternoon can have the last sachet (magnesium citrate) at 7.00am. 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.