

Bowel Preparation

Afternoon appointment – 3x Glycoprep-C (70g sachets)

Patient Information – Gastroenterology Day Service

This information sheet is to help you prepare your bowel for a colonoscopy.

For this procedure to be successful and allow a clear view of your colon, your bowel must be as empty as possible. If the bowel is not empty, the procedure may have to be cancelled and repeated at another time.

It will tell you what to eat and drink and how to take the medications included to achieve the clean bowel that is needed for the endoscopist to see your entire colon.

****Please read it carefully, as soon as possible to prepare****

What do I need?

Included with your **appointment letter, colonoscopy information sheet and bowel preparation instructions** are:

- **3x sachets (70g)** of Glycoprep-C bowel preparation →



What about my current medications?

If you have questions about your medications, please read the **'Colonoscopy Procedure'** information sheet that was enclosed with your appointment letter.

How do I prepare?

2 days before your procedure **ONLY** eat and drink foods from the list below:

- White bread or toast	Yoghurt	Milk
- Butter or Margarine	Pureed or tinned fruit	Water
- Cornflakes or Rice Bubbles	Bananas	Tea & coffee
- White Pasta or White Rice	Lean, tender cooked meat	Herbal Teas
- Couscous	Fish	
- Plain Crackers (no seeds)	Eggs - poached, boiled or scrambled	
- Shortbread or plain biscuits	Boiled or mashed potato	
- Custard / Ice-cream	Peeled & cooked carrots, pumpkin, kumara	
- Rice pudding or semolina		

From 12 midday, the day before your procedure:

- Do **NOT** eat any food.
- Follow the steps outlined below.
- Only drink **clear fluids** from the list below:

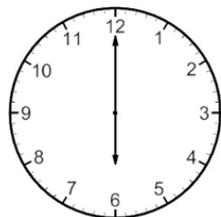
Approved Clear fluids:

- Water (still & sparkling)
 - Clear broth / bouillon
 - Clear apple or orange juice
 - Yellow coloured jelly
 - Black tea or black coffee
 - Yellow or orange barley sugars
 - Lemonade or Ginger Ale
 - Gastrolyte: lemon flavour only
 - Clear salty fluids e.g. strained chicken noodle soup.
 - Strained Miso soup
 - Lemon or Lime flavoured / coloured electrolyte drinks
- Like: Replace, Gatorade or Powerade

Medication:

Take your regular medication 1½ hours prior to beginning the Glycoprep-C or 1½ hours after completing the Glycoprep-C, to allow for the medications to be absorbed.

Step 1:



PM

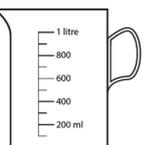
At **6:00pm**, dissolve the contents of 2x Glycoprep-C sachet in **2 litres** of water.

Stir for 2-3 minutes. The solution may become cloudy with a faint smell of lemon. If you want to make the solution taste nicer, you can add lemon lime flavoured drinking concentrate to it.

Sometimes the solution becomes warm as the powder dissolves. If this happens, chill it in the refrigerator before drinking.

Step 2:

You should aim to drink a large glass (250mL) of the Glycoprep-C solution every 15 minutes, approximately 1 litre an hour until you have finished the 2 litres.

0 mins	15 mins	30 mins	45 mins	1st hour	1 hr	1 ¼ hr	1 ½ hr	1 ¾ hr	2nd hour	TOTAL
										2 Litres
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

(Use the guide above to help you. Tick the when done ✓)

Important Note: You should drink at least one glass (approx. 250mL) of fluids each hour after completion of the bowel preparation to maintain hydration.

DO NOT drink only water. Drinking only water to replace the fluid losses may lead to electrolyte imbalance and possibly seizures. *See clear fluid suggestions on previous page.*

Overnight, **only** drink more fluids if you wake up to use the toilet. You do not need to drink every hour.

On the day of your procedure:

Step 3:



AM

At **10:00am**, dissolve the contents of 1x Glycoprep-C sachet in **1 litre** of water.

Stir for 2-3 minutes. The solution may become cloudy with a faint smell of lemon. Once again you can add lemon lime flavoured drinking concentrate to make it taste nicer.

Sometimes the solution becomes warm as the powder dissolves. If this happens, chill it in the refrigerator before drinking.

0 mins	15 mins	30 mins	45 mins	1st hour	TOTAL
					1 Litre
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

(Use the guide above to help you. Tick when done ✓)



DO NOT eat any food.

STOP drinking all clear fluids 1 hour before your appointment time.

What will happen when I take the bowel prep?

The Glycoprep C will cause you to have loose, watery bowel motions like watery diarrhoea, which empties and cleanses the bowel before the colonoscopy procedure.

This is normal and will begin to happen within **1 hour after** you have completed step 2 and should be complete within 4 hours.

Once you have completed your bowel preparation, you should have light coloured, watery bowel motions with **NO** formed bits. Ideally it should look like 'murky water' NOT 'mud'.

If you are unsure whether your bowel is clear or not, please discuss with the nurse during your pre-admission questionnaire. You may require an enema to help clean out your bowel some more, so the doctor can see the lining of your bowel clearly.

If you are concerned about your bowel prep OR forget to take the Glycoprep-C at the required time, please phone the gastrointestinal endoscopy unit for further advice. Phone: 0800 555 400.

Side Effects

If you experience any of the following side effects whilst you are taking the bowel preparation:

- Vomiting,
- Dizziness,
- Rash,
- Abdominal pain,
- Confusion,
- Develop a severe headache
- Fast-irregular heartbeat that is not normal for you

Before 6:00pm Monday to Friday, please phone the Gastrointestinal Endoscopy Unit, to speak with a nurse **Phone: 0800 555 400**.

After 6:00pm, or over the weekend, please go to the hospital emergency department or an after-hours medical centre to seek assistance. Alternatively you can contact the endoscopy nurse on-call to seek advice Ph: 0800 555 400.

Helpful Hints

It is important that you drink all 3 litres of the Glycoprep-C mixture.

- Barley sugar sweets may help disguise the taste.
- Brushing your teeth and tongue may help with the taste.
- If you feel bloated, try a short walk to relieve the discomfort.
- Sometimes you feel cold or shivery whilst taking bowel preparation, wrap up warm.
- You may wish to apply *Vaseline* to your bottom to protect the skin whilst taking the prep.
- You may like to use *baby wipes* instead of toilet paper to soothe your bottom.
- You may experience some nausea taking the Glycoprep-C. This usually settles within an hour if you keep drinking clear fluids and will resolve once your bowels begin to move.
- *Ginger ale* may help to settle this nausea. If it does not settle, please contact your GP or visit your local pharmacist to get an appropriate *anti-nausea medication*.
- If you develop a headache, you may take paracetamol to help relieve your discomfort.

Download Bowel Prep App to keep on track:

• Download the **BowelPrepPal** app



DOWNLOAD



GET IT ON
Google Play



Download on the
App Store



FRESENIUS
KABI
Bowel Prep

BowelPrepPal

Confirm your appointment

Please telephone to confirm your appointment as soon as possible:
Phone: 0800 555 400

Important

You will need someone to **collect you** from the gastrointestinal endoscopy unit and care for you for **24 hours** after the procedure. This is because of the sedative medications that you are given during the procedure.

If you do not have a relative or support person who can do this, please talk to our booking team about your after-care options, when you telephone to confirm your appointment.

Interpreter Service

If English is not your first language, please call us as soon as possible so we can arrange patient information to be sent to you in a language you understand.

We can also arrange an interpreter for you on the day in your spoken language.

Please do not ask family and friends to act as an interpreter for you.

For more information about:

- hospital and specialist services, go to www.cdhb.health.nz
- your health and medication, go to www.healthinfo.org.nz

Notes:
