

GLYCOPREP ORANGE PREPARATION (EXTENDED) INSTRUCTIONS FOR COLONOSCOPY

IMPORTANT

Glycoprep Orange

As provided in Dr. Lee's clinic or from your local pharmacy, please obtain 4 Glycoprep Orange sachets (Totalling 280g) to make up a total of 4L of solution.

Please disregard the instructions within the Glycoprep packet and follow instructions below.

To successfully perform a high quality colonoscopy, the bowel (colon) needs to be adequately cleansed to ensure the inner lining can be thoroughly examined. Good bowel preparation results in shorter procedure times, better views of the colon, higher detection rates of polyps and improved health outcomes. Please adhere to the following instructions prior to your procedure.

Special Information

You will be unable to drive or sign any legal documents for 24 hours after your procedure due to the sedation. You must have a responsible adult drive you home and someone to stay with you over-night. Public transport or taxi cannot be used unless there is an escort.

ATTENTION: your procedure may be cancelled if arrangements have not been made prior. Please contact Dr. Lee's office if this is not possible as we may need to reschedule your appointment or organise an alternative arrangement

Medications

Except for blood thinning medications and diabetes related treatment, **please take all your usual medications with a small sip of water on the morning of your procedure.**

Aspirin should not be withheld.

Blood Thinning medication instructions


Diabetes management instructions

Insulin:

Medications:

Please contact Dr Lee's rooms on **1300 236 238** if you have any concerns prior to your procedure.

Bowel preparation begins with a low fibre diet for **four days prior** to the procedure. Choose foods from the low fibre options during this period.

Food Group	 CHOOSE LOW FIBRE	 AVOID HIGH FIBRE
Bread & Cereals	White bread and rolls White rice and pasta Refined breakfast cereal (e.g. Rice Bubbles, Cornflakes, Special K) White flour, plain cakes (e.g. sponge) Refined biscuits (e.g. milk arrowroot)	Wholemeal/wholegrain bread Brown rice and wholemeal pasta High fibre cereals (e.g. Sultana Bran, muesli, Weetbix Vitabrits) Whole flour Fruit cake Biscuits with nuts Fruit coconut Oatmeal Pastries
Fruit & Vegetables	Remove all skin and seeds first Ripe bananas Stewed or tinned apples, pears or peaches Pawpaw Boiled or mashed potatoes Pumpkin, carrot, squash, choko, cauliflower tips, asparagus tips or zucchini Lettuce	Avoid all other fruit and vegetables
Meat	All plain meat, chicken and fish, eggs	Pies, fatty and fried meat, highly seasoned meat
Dairy Foods	Milk, mild cheese, plain yoghurt	Yoghurt with seeds/ fruit, strong cheese
Other Foods	Oil, margarine or butter All drink Salt, pepper, spices, honey, sugar Vegemite, Promite Plain chocolate Gravy, mayonnaise and vinegar	Jam, marmalade Popcorn, seeds, nuts Peanut butter Chocolate with fruit or nuts

Glycoprep Orange Instructions for a Morning procedure

What to do the day before your procedure?

7:00am You may have breakfast as per the Low Fibre Diet instructions. This will be your last solid meal until after the procedure. You must take all your morning medication unless otherwise specified by a medical professional.

7:00am to 5:00pm Drink a minimum of 2 litres of CLEAR fluids to ensure adequate hydration for your procedure. Please avoid anything that is RED or PURPLE in colour. Examples of clear fluids you can have are:

Water, water ice blocks, strained juice, clear soup, cordial, jelly, soft drinks, Jubes, Jelly beans, barley sugar, sports drinks, black tea or Coffee - NO MILK

4:00pm Dissolve each packet of Glycoprep Orange powder (70g) in 1 litre of tap water. In total, 4L of Glycoprep Orange solution is prepared. It can be chilled in the fridge..

DO NOT ADD ANYTHING TO THE COLON PREP SOLUTION.

4:05pm TAKE ALL NIGHT/EVENING MEDICATIONS unless advised by a health professional.

5:00pm Drink 3 litres of the Glycoprep Orange between 5:00pm and 8:00pm. This is approximately 1 small glass every 15 minutes and will produce frequent (over 10 times) bowel movements. Occasionally, a few patients may experience nausea. If this happens, stop drinking the prep for 20 minutes, go for a brief walk and then start slowly again. If vomiting occurs, go to your local GP/after hours GP for an injection of anti-nausea medication.

8:00pm – 6:00am- You may drink water ONLY. Please ensure you drink plenty of water.

What to do on the day of your procedure?

4:00-5:00am Remove Glycoprep Orange from fridge and drink the last litre in 1 hour. You may also drink water up until 6:00am.

5:45am You may take your morning medications unless advised by a health professional.

6:00am DO NOT HAVE ANYTHING ELSE BY MOUTH OR YOUR PROCEDURE MAY BE CANCELLED. This includes; water, any fluids, food, cigarettes, breath mints and chewing gum. After 6:00 am your bowel motions should look yellow and clear like water, if not, please inform the Endoscopy Department when you arrive.

Glycoprep Orange Instructions for an Afternoon procedure

What to do the day before your procedure?

7:00-11:00am You may have breakfast/brunch as per the Low Fibre Diet instructions. You must take all your morning medication unless otherwise specified by a medical professional. This will be your last solid meal until after the procedure.

9:00am to 5:00pm Drink a minimum of 2 litres of CLEAR fluids to ensure adequate hydration for your procedure. Please avoid anything that is RED or PURPLE in colour. Examples of clear fluids you can have are:

Water, water ice blocks, strained juice, clear soup, cordial, jelly, soft drinks, Jubes, Jelly beans, barley sugar, sports drinks, black tea or Coffee - NO MILK

4:00pm Dissolve each packet of Glycoprep Orange powder (70g) in 1 litre of tap water. In total, 4L of Glycoprep Orange solution is prepared. It can be chilled in the fridge.

DO NOT ADD ANYTHING TO THE COLON PREP SOLUTION.

4:05pm TAKE ALL NIGHT/EVENING MEDICATIONS, unless advised by health professional.

5:00pm Drink 3 litres of the Glycoprep Orange between 5:00pm and 8:00pm. This is approximately 1 small glass every 15 minutes and will produce frequent (over 10 times) bowel movements. Occasionally, a few patients may experience nausea. If this happens, stop drinking the prep for 15 minutes, go for a brief walk and then start slowly again. If vomiting occurs, go to your local GP/after hours GP for an injection of anti-nausea medication.

8:00pm-11:00am You may drink water ONLY. Please ensure you drink plenty of water.

What to do on the day of your procedure?

8:00am You may have your morning medication as directed by the medical professional at your clinic appointment. You may drink water up until 11:00am

8:00-9:00am Remove Glycoprep Orange from fridge and drink the last litre in 1 hour.

11:00am- DO NOT HAVE ANYTHING ELSE BY MOUTH OR YOUR PROCEDURE MAY BE CANCELLED. This includes; water, any fluids, food, cigarettes, breath mints and chewing gum. After 9:00 am your bowel motions should look yellow and clear like water, if not, you should inform the Endoscopy Department when you arrive.