

Colonoscopy prep information sheet

Glycoprep-O Kit

Follow the instructions on this sheet carefully:

- Buy Glycoprep-O kit from your chemist or your clinic.
This contains: Glycoprep-O x3 sachets, 3x Bisacodyl tablets & 1 x Magnesium citrate sachet

**** The bowel preparation will produce diarrhoea (or numerous loose bowel motions) within a short period of time after taking it. This is normal. Ensure you have bathroom facilities within easy access from when you start to take the sachets****



FOUR DAYS BEFORE YOUR COLONOSCOPY:

- STOP** taking any medicine with **IRON** in it (ask your Doctor if you're not sure)
- Follow the **Low fibre diet** as outlined below

ONLY eat & drink

Food: eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

Drink: water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.



DO NOT eat & drink

Food: fruits, vegetables, brown bread, cereals, nuts, seeds, yellow cheese.

Drink: alcohol, Metamucil, fruit/vegetable smoothies.



THE DAY BEFORE YOUR COLONOSCOPY:

- Prepare Glycoprep Orange by mixing the three sachets with 3 litres of water, then refrigerate so it is cold and ready to drink.
- Eat breakfast (only the foods listed below) - *if you are on a GLP-1 agonist medication please skip breakfast*
- No more solid food after breakfast (no lunch or dinner) but keep drinking liquids** Drink 1 glass of water (or other drink listed below) every hour to keep hydrated

ONLY eat & drink

Food: eggs, low fat plain yoghurt, skim milk, white bread, white pasta, white rice, steamed white fish, boiled chicken, well-cooked peeled potato.

Drink: water, tea or coffee with skim milk only (or black tea/coffee), and any other drinks you like as long as they contain skim milk only.



DO NOT eat & drink

Food: fruits, vegetables, brown bread, cereals, nuts, seeds, yellow cheese, nuts, seeds.

Drink: milk, Metamucil, orange juice, fruit/vegetable smoothies, full cream milk, red/purple colouring drinks, alcohol.



THE DAY BEFORE YOUR COLONOSCOPY: (continued)

NO SOLID FOODS AFTER BREAKFAST, ONLY CLEAR FLUIDS

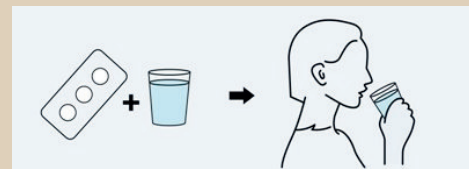
Clear fluids are ones that you can see through when you hold them up to the light

✓ Approved clear fluids:

Water, clear fruit juice (apple/pear/grape), black tea, black coffee, plain jelly, clear vegetable/chicken broth, lemonade, ginger ale, sports drink (no red/purple colouring).

At 2 pm - Begin Bowel Preparation

- Take 3 bisacodyl tablets
- These act as stool softeners and may start a bowel motion.

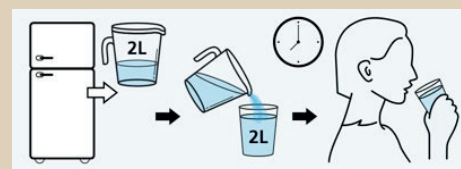


At 5 pm - Magnesium Citrate

- Dissolve the magnesium citrate sachet in a glass of water and drink the mixture

At 7 pm - Glycoprep-Orange

- Drink two (2) litres of GlycoPrep-O, keeping the final one (1) litre for the morning.
- Drink 1–2 glasses every 15–20 minutes until the two litres are finished.
- You may sip clear fluids while drinking the GlycoPrep-O to help maintain hydration.
- Before going to bed, set an alarm for 4:00 AM to complete the remaining preparation.



NOTE: Ensure you are close to toilet facilities. These powdered drinks will cause diarrhoea, which can last 2-3 hours or longer in some cases.

THE DAY OF YOUR COLONOSCOPY:

If your colonoscopy is in the MORNING:

At 4-5 am Drink the final one (1) litre of GlycoPrep-O

- You may continue to drink clear fluids up to 200 mL (one glass) until 6:00 AM.
- **6:00 AM:** Take your usual morning medications with a small sip of water, unless instructed otherwise.
- **After 6:00 AM,** do not drink any fluids.
- No chewing gum or lollies.

OR

If your colonoscopy is in the AFTERNOON:

At 8-9 am Drink the final one (1) litre of GlycoPrep-O

- **6:00 AM:** Take your usual morning medications with a small sip of water, unless instructed otherwise.
- **8:00–9:00 AM:** Drink the final one (1) litre of GlycoPrep-O, taking 1–2 glasses every 15–20 minutes until finished.
- You may continue to drink clear fluids up to 200 mL (one glass) until 10:00 AM.
- **10:00 AM:** Stop drinking all fluids.
- No chewing gum or lollies.