

Colonoscopy Bowel Preparation Instruction Sheet



WAITEMATA
ENDOSCOPY

A partnership with Southern Cross Hospitals

The bowel must be completely empty before your colonoscopy so that the risk of lesions being missed is minimised. This can be achieved by following the instructions below. You must drink all of the fluids in the instructions, and consume all of the laxatives given, even if you think your bowel may be clear earlier. Please disregard the instructions on the Glycoprep-C laxative sachet and follow this instruction sheet only.

If you have any questions or concerns please contact:
Waitemata Endoscopy - phone 09 925 4449

10 days prior to your appointment:

- If you are taking any blood thinning medication other than aspirin, and you have not already received instructions on their use prior to your appointment, please contact the nurse at Waitemata Endoscopy.
DO NOT stop taking anticoagulant medication unless instructed to by the nurse.
- If you are taking diabetes tablets or insulin, and you have not already received instructions on diabetes management prior to colonoscopy, please contact the nurse at Waitemata Endoscopy.
- If you are taking prescribed medications for any other condition, please do not stop taking these at any time.
- If you are pregnant or breastfeeding, please contact the nurse at Waitemata Endoscopy for advice.

5 days prior to your appointment:

- Stop taking Iron tablets (including any supplements containing iron)

3 days prior to your appointment:

- **Start a low fibre diet** using the attached dietary instruction sheet for reference
- Avoid all foods with nuts, seeds and skins
- Take your regular medications

2 days prior to your appointment:

- **Continue the low fibre diet**
- Drink plenty of fluids
- Take your regular medications

The day before your appointment:

- You may have a low fibre breakfast, then take **2 Bisacodyl laxative tablets with a large glass of water**. Take your regular morning medications, unless instructed otherwise.
- You may consume a liquid diet until midday (e.g. yoghurt, jelly, custard, clear soup). **Do not eat from 12 midday, until after your procedure, drink clear fluids only.**
- Drink at least 10 glasses of **clear fluids** (see diet sheet for suggestions), during the day. Drinking alcohol is not recommended.
- Take your regular medication 1½ hours prior to beginning or 1½ hours after completing the Glycoprep-C, to allow for the medications to be absorbed.
- Prepare the Glycoprep-C by dissolving the contents of each sachet with 1 litre of water (to make a total of 3 or 4 litres). You may refrigerate this preparation if you want.
- At 4pm start drinking the Glycoprep-C. You should drink a glass every 5-10 minutes, aiming to drink approximately a litre an hour. You need to drink **all except one litre** of your Glycoprep-C preparation today (the final litre should be saved for tomorrow). Glycoprep-C is a laxative designed to produce a watery stool and cleanse the bowel, therefore it is recommended that you are at home and close to a toilet when you start taking it.

The day of your appointment:

- You must take the final **1 litre of Glycoprep-C**, drinking one glass every 5-10 minutes, starting 3 hours prior to your appointment time. ****If you are concerned about finishing the preparation in time to travel to your appointment, you may commence the Glycoprep-C up to 4 hours prior to your appointment time.**
- 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.
- Do not drink any more fluids from **1 hour** prior to your appointment time.
****If you are having a Gastroscopy and Colonoscopy, or an anaesthetist administered anaesthetic do not drink any more fluids from 2 hours prior to your appointment time.**

You will be at your appointment for approximately 2-3 hours.

If you are given a sedative for your procedure, it is important that you do not drive a car or operate heavy machinery for at least 12 hours after.

You **must** arrange for a responsible adult to collect you after your appointment.

For your safety, please remove all jewellery and watches prior to your appointment and leave them at home. We do **not** have facilities to lock up valuables on site.

A few tips for during your bowel preparation:

- Anal soreness may occur due to multiple bowel motions. You can apply Vaseline or other barrier cream to the anal area before starting the Glycoprep-C to minimise this. The use of wet wipes (baby wipes) instead of toilet paper will also help.
- Please drink water up until 1 hour before your appointment to prevent dehydration.
- If you suffer from nausea please contact your GP prior to starting your bowel preparation to get some anti-nausea medication.
- If the taste of the preparation becomes unpleasant, sucking boiled sweets may help.
- If you feel bloated a short walk may help.
- If you feel cold and shivery, wrap up warmly, and drink warm water.