

Bowel Preparation

Afternoon appointment – 3x GLYCOPREP ORANGE (70g sachets)

Patient Information – Endoscopy Day Service

This information sheet is to help you prepare 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 this information immediately, so you can be prepared****

Included in your pack:

Bowel preparation instructions:

3x sachets (70g) of GLYCOPREP ORANGE bowel preparation



What about my current medications?

Please see instructions on the following page or if you have further questions about your medications, please call 0800 827 329 for advice.

How do I prepare?

3 days before your procedure please **do not** eat any food containing pips or seeds.

Only eat foods from the list below:

| | | |
|--------------------------------|--|--------------|
| - White bread or toast | Plain yoghurt (Vanilla or Greek) | Water |
| - White tortilla or pita bread | Apple or pears (no skin or cores) | Tea & coffee |
| - Cornflakes or Rice Bubbles | Bananas or seedless grapes | Herbal Tea |
| - White Pasta or White Rice | Fish or cooked chicken (no skin) | |
| - Couscous | Eggs - poached, boiled or scrambled | |
| - Plain Crackers (no seeds) | Rice pudding or semolina or custard | |
| - Shortbread or plain biscuits | Vanilla Ice-cream | |
| - Cheese | Peeled & cooked carrots, pumpkin, kumara or potato | |
| - Butter or Margarine | Milk (plain, soy, almond, oat or coconut) | |

1 day before your procedure:

- You may have a light breakfast (white bread or toast, eggs and/or plain yoghurt).
- You may also have a light lunch (white bread or toast, eggs and/or plain yoghurt).
- Then nothing to eat after **1.00pm**
- Only drink **clear fluids** from the list below:

Approved Clear fluids:

- | | |
|----------------------------------|---|
| - Still/tap water | - Gastrolyte: lemon flavour only |
| - Clear broth / bouillon | - Clear salty fluids e.g. strained chicken noodle soup. |
| - Clear apple or orange juice | - Strained Miso soup |
| - Yellow coloured jelly | - Lemon or Lime flavoured electrolyte drinks |
| - Black tea or black coffee | <u>for example:</u> Replace, Gatorade or Powerade |
| - Yellow or orange barley sugars | - Herbal teas: Ginger tea, green tea or peppermint tea |

Medication:

Take your regular medication **1½ hours** prior to beginning the GLYCOPREP ORANGE or 1½ hours after completing the GLYCOPREP ORANGE. This allows time for the medications to be absorbed.

Step 1:



PM

At **5:00pm**, dissolve the contents of 2x GLYCOPREP ORANGE sachet in **2 litres** of water.



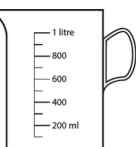



Stir for 2-3 minutes. The solution may become cloudy with a faint smell of orange. If you want to make the solution taste better, you can add flavoured drinking concentrate to it (**NO** red or purple colours because it stains the bowel).

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 two large glasses (250mls) of the GLYCOPREP ORANGE solution every 45 minutes. Approximately 1 litre over 1 ½ hrs until you have finished the 2 litres. This can be difficult (check out the helpful hints on the next page).

- If it takes longer than 3 hrs, that is ok 😊

| 45 mins | 45 mins | 1 ½ hours | 45 mins | 45 mins | 3 hours |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Υ 500ml | Υ 500ml | 1 Litre | Υ 500ml | Υ 500ml | 2 Litres |

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

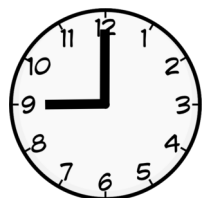
Important Note: To maintain your hydration, you should drink at least one glass (approx. 250mls) of fluids each hour after you have finished drinking the GLYCOPREP ORANGE bowel preparation.

DO NOT drink only water to replace the fluid losses as it may lead to electrolyte imbalance and possibly seizures. *Please see the clear fluid suggestions on page 2 and try drinking different fluids.*

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 **9:00am**, dissolve the contents of 1x GLYCOPREP ORANGE sachet in **1 litre** of water.

Stir for 2-3 minutes. The solution may become cloudy with a faint smell of orange.

Helpful Hints:

1. Try adding a different flavoured drinking concentrate to the bowel preparation solution. It can make it easier to drink the second time round.
2. If you think it will take you longer than 1 hour to finish drinking the solution, you may start the preparation earlier e.g., 8am.

| 30mins | 30mins | 1 hour | TOTAL |
|---|---|--|---------|
|  |  |  | 1 Litre |
| Υ 500ml | Υ 500ml | | |

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



**DO NOT eat any food
And
STOP drinking all clear fluids 2 hours before your appointment time.**

What will happen when I take the bowel prep?

The GLYCOPREP ORANGE 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 4-6 hours. Don't be alarmed if it takes longer than this as everyone is different.

Once you have completed your bowel preparation, you should have light coloured, watery bowel motions with **NO** formed bits. Ideally it should look like yellow 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 ORANGE at the required time, please phone: **0800 827 329** for further advice.

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

Please do not hesitate to phone us on: **0800 827 329** for further advice.

If you think this is an emergency, please go to the hospital emergency department or an after-hours medical centre to seek assistance or dial 111.

Helpful Hints – Be prepared

It is important that you drink all 3 litres of the GLYCOPREP ORANGE mixture.

- Try adding different flavoured drinking concentrate to the bowel preparation solution to change the flavour for each sachet / litre (**NO** red or purple colours because this will stain the bowel).
- Try sucking on lemonade or pineapple flavoured ice blocks to help disguise the taste and refresh your mouth.
- Sucking on plain barley sugar sweets may help disguise the taste.
- If you are struggling with the taste or experiencing nausea, try sipping the solution through a straw.
- If you feel bloated, try a short walk to relieve the discomfort. **Do not** drink carbonated / fizzy drinks such as lemonade or ginger ale as this will make the bloating worse.
- You can feel cold or shivery whilst taking bowel preparation. Wrap up warm and drink warm fluids such as herbal teas or strained soups.
- You may wish to apply *Vaseline* to your bottom to protect the skin whilst taking the prep.
- You may want to use *baby wipes* instead of toilet paper to soothe your bottom.
- You may experience some nausea taking the GLYCOPREP ORANGE. This usually settles within an hour if you keep drinking clear fluids and will resolve once your bowels begin to move.
- If you often experience nausea, please contact your GP, or visit your local pharmacist to get an appropriate *anti-nausea medication* **before** you start the bowel preparation. *Ginger or peppermint tea* may also help to settle the nausea.
- If you develop a headache, you may take paracetamol to help relieve your discomfort.