

NEWCASTLE ENDOSCOPY CENTRE

PATIENT INSTRUCTION SHEET – PREPKIT – C

This kit contains: 1. One Glyco-Prep- C 70g sachet 2. Two PicoPrep 15.5g sachets

The success of your examination depends in the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours after the first dose. You may also experience intermittent abdominal cramps.

APPROVED CLEAR FLUIDS: (A good combination of these clear fluids, including 2-3 cups of strained chicken noodle soup, will give you a variation in fluid intake).
Water, clear salty fluids (e.g. strained chicken noodle soup) clear broth/bouillon, clear fruit juices (apple, pear & grape), plain jelly, black tea or coffee (no milk), sports drinks, carbonated beverages, barley sugar, clear fruit cordials (clear lemon or lime), (No red or purple colourings). Also Hydrolyte or Gastrolyte will help keep you hydrated and your electrolytes in balance

AT LEAST FIVE (5) DAYS BEFORE EXAMINATION

STOP ALL IRON CONTAINING MEDICATIONS at least five days prior to your procedure (continue with your regular medications)

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TWO DAYS BEFORE EXAMINATION

- **Stop eating** brown bread, cereals, vegetables & fruit.
- Do not have anything with seeds in it.
- Do not have any yellow cheese.

You may eat egg, steamed white fish, boiled chicken, cottage cheese, low fat plain yoghurt, white bread, white pasta, white rice, clear jelly and skim milk. Drink at least 3 litres of approved clear fluids.

In the evening, make up the sachet of **GLYCO PREP C 70g** with 1 litre of water, following the INSTRUCTIONS on the back of the packet. Chill in the refrigerator until required to drink the following evening. Do Not Discard Empty Packet to ensure directions are followed completely.

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ONE DAY BEFORE EXAMINATION

DURING THE DAY, DRINK AT LEAST ONE GLASS OF CLEAR FLUID (PLUS PREPARATION LIQUIDS) EACH HOUR, KEEP DRINKING APPROVED CLEAR FLUIDS UNTIL BEDTIME.

No solid foods, no milk products

Drink only approved clear fluids all day

1. **FIRST DOSE:**

3pm

Add the entire contents of **ONE sachet of PICOPREP in a glass of warm water (approx. 250mls)** and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour), in order to retain hydration throughout your body.

2. **SECOND DOSE:**

6pm

Remove the made up **GlycoPrep-C from the refrigerator** following the instructions on the back of the GlycoPrep – C packet. You should try to drink a glass of the preparation about every 15minutes. Total intake time should take approx. 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

3. **THIRD DOSE:**

11pm

Add the entire contents of **ONE sachet of PICOPREP in a glass of warm water (approx. 250mls)** and stir until dissolved. Chill for half an hour before drinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour), in order to retain hydration throughout your body.

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DAY OF PROCEDURE

WATER ONLY UNTIL 2 HOURS BEFORE PROCEDURE THEN NIL BY MOUTH