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Upper GI Endoscopy & Colonoscopy

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Preparation Instructions for Colonoscopy using GLYCOPREP

Read all your instructions carefully. If you have any queries, please contact my rooms or the Endoscopy Unit on 3326 3340. Dosages may need to be adjusted individually.

Follow a low residue diet for 4 days prior to the procedure, commencing on Saturday
(see Low Residue Diet)

Material Provided

1. One packet of Magnesium Citrate
2. One sachet of Glycoprep
3. Three Bisacodyl tablets

On the Day Before Colonoscopy (Wednesday)

1. Drink **CLEAR FLUIDS ONLY** for breakfast, lunch and dinner. Solid foods, milk and milk products are **NOT** allowed. Clear fluids include:
 - . Strained fruit juices without pulp – apple / grape / orange
 - . Water
 - . Coffee / Tea – without milk or non-dairy whitener
 - . Clear soup / Bonox
 - . All the following **except** those coloured red or purple
 - Fruit flavoured cordials / Staminade
 - Plain jelly (without added fruits or toppings)
 - Carbonated or non-carbonated soft drinks
 - Clear ice-blocks
2. **10 am** (or earlier) – (a) Mix the **Magnesium Citrate** sachet in **250 mls of boiling water** and refrigerate in preparation for drinking in the afternoon.
10 am (or earlier) – (b) Mix the **Glycoprep** sachet in **3 litres of tap water** and refrigerate in preparation for drinking in the evening and the following morning.
3. **4 pm** – Take the **3 Bisacodyl tablets** and drink the premixed **Magnesium Citrate** – this will produce diarrhoea. Have Amolin, Lanolin or a similar preparation available, if required, for your bottom.
4. **7 pm** – Drink **2 litres** of the **Glycoprep** mixture. Try to drink the mixture at the rate of 2 glasses every 15 – 20 minutes. It may take 2 – 3 hours to drink the fluid which will produce a watery diarrhoea.

Day of Examination (Thursday)

1. **6 am** – Drink the remaining one litre of **Glycoprep** over one hour and continue to drink clear fluids until the appointed time to fast.
Nil by mouth from (approximately 4 hours prior to admission).

At the completion of the diarrhoea, the faecal fluid may be coloured but should be free of particulate matter. If there are any faecal particles in the diarrhoeal fluid, you should contact the Endoscopy Unit on 3326 3340.

2. Arrive at for your procedure.