



Duieb

Colorectal

PATIENT INSTRUCTIONS – PREPKIT C

THE KIT CONTAINS: 1 x GlycoPrep-C 70g sachet and 2 x Picoprep 15.5g sachets

*** 2 Bisacodyl tablets should also be purchased separately (not included in the kit).

Please note this kit can be obtained from your local pharmacy and does not need a prescription. The success of your examination depends on the bowel being as clear as possible. It is therefore necessary to follow instructions carefully to avoid having to repeat the test.

If you are taking anticoagulants (eg Warfarin) or regular Aspirin or Iron tablets we need to know before you start the bowel preparation, as these may need to be modified. If you are diabetic please contact Mr Duieb for instructions. Continue with all other medication.

TWO DAYS BEFORE EXAMINATION

1. Stop eating red meat, brown bread, cereals, fruit and vegetables. Do not eat anything with seeds in it. You may eat cornflakes, rice bubbles, eggs, cottage cheese, plain yoghurt, white bread, margarine, butter, honey, white rice, white pasta, white fish, chicken, well cooked peeled pumpkin or potato. You may have clear jelly, skim milk and you should drink plentiful amounts of approved clear fluids (see below).
2. In the evening, make up the sachet of Glycoprep-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.
3. Take **2 BISACODYL** tablets AT BEDTIME.

DAY BEFORE EXAMINATION

You may have breakfast according to the diet above then nothing to eat thereafter. After breakfast, no solid foods, milk or milk products are allowed. Drink only clear fluids for the day. **Approved Clear Fluids Include:** Water, Gatorade or similar sports drink, strained fruit juice without pulp, clear broth or bonox, coffee or tea (without milk or non dairy creamer), clear ice blocks, fruit flavoured cordials, carbonated or non carbonated soft drinks. **Do not use fluids that are red or purple coloured.**

At 5pm First Dose

Add the contents of ONE sachet of PicoPrep to a glassful (approximately 250ml) of water. Stir until effervescence ceases. Drink the mixture gradually but completely. This should be followed by as many glassfuls of water or clear fluids as possible. Individual responses to laxatives do vary. Frequent loose bowel movements may occur within 3 hours, so stay within reach of toilet facilities.

At 6pm Second Dose

Remove the Glycoprep-C from the refrigerator. Over the next hour drink a 250ml glassful of this mixture every 15 minutes. If you feel nauseated or bloated slow down, but ensure you drink it all. **You should drink plenty of clear fluid or water until bedtime.**

DAY OF COLONOSCOPY

At 7:00am Third Dose

Add the contents of one sachet of PicoPrep to a glassful (approximately 250ml) of water. Stir until effervescence ceases. Drink the mixture and a further 2 glasses of water before 8:00am.

You may not eat solids at all but you should continue to drink clear fluids until four (4) hours prior to admission time. You must **FAST** completely until after the test.