

DIET AND GLYCOPREP INSTRUCTIONS

A: THREE (3) DAYS PRIOR TO PROCEDURE: LOW FIBRE DIET

For a successful colonoscopy it is important that the bowels are thoroughly cleansed so that the lining is clearly seen. Poor preparation may result in the doctor being unable to examine the bowel properly and a repeat procedure may well be required.

This diet reduces the amount of fibre in your colon to assist in achieving a thoroughly clean bowel. Please eat only what is available in the diet below. If you find that you do become constipated with the low fibre diet then take half a teaspoon of Epsom Salts in warm water, Movicol, Coloxyl or Agarol (these laxatives do not contain fibre).

Bread and cereal:

Choose – white bread, refined breakfast cereals (Cornflakes, Plain Special K, Rice Bubbles), plain cakes/biscuits made with white flour, rice cakes, white pasta or white rice.

Avoid – wholemeal, brown, rye breads and bread with seeds, wholegrain cereals, cakes and biscuits containing nuts, dried fruits, wholemeal flour and oatmeal, wholemeal pasta and rice.

Fruit and Vegetables:

Choose – only boiled or mashed potatoes, pumpkin, carrot, marrow, squash, asparagus tips, ripe bananas, stewed apples, stewed pears and pawpaw. (NB Skins and seeds of these fruits and vegetables should not be eaten).

Avoid – all other fruit and vegetables including salad vegetables.

Meat and Dairy Group:

**Choose – lean tender beef, veal, lamb, pork, poultry, fish and eggs.
Choose - small amounts of butter/margarine/cheese are allowed.**

Avoid – fatty and fried meats, highly seasoned meats and stews.

Beverages:

Choose – tea, coffee, water, plain milk drinks, soft drinks, soya milk, clear apple juice and clear soup. Alcohol is allowed if desired.

Avoid – unstrained fruit juices and flavoured milk shakes.

Sweets/Desserts:

Choose – jellies, sugar, honey, custard, and yoghurt.

Avoid – pies, quiches, pastry foods, jams, marmalade, peanut paste, dried fruit and nuts.

Avoid all fibre supplements e.g. – Metamucil, Benefiber, Psyllium, Normafibe etc.

****ANY FOODS NOT LISTED ARE NOT PERMITTED****

START 3 DAY LOW FIBRE DIET:

..... /...../ **ALL DAY**

..... /...../ **ALL DAY**

THE DAY BEFORE YOUR TEST:

..... /...../ **UNTIL LUNCHTIME**

B: FIVE (5) DAYS PRIOR TO PROCEDURE: LOW FIBRE DIET AND EXTRA GLYCOPREP SOLUTION

For a successful colonoscopy it is important that the bowels are thoroughly cleansed so that the lining is clearly seen. Poor preparation may result in the doctor being unable to examine the bowel properly and a repeat procedure may well be required. This low fibre diet reduces the amount of fibre in your colon to assist in achieving a thoroughly clean bowel. Please eat only what is indicated in the diet below. The extra Glycoprep solution assists in this preparation.

Bread and cereal:

Choose white bread, refined breakfast cereals (Cornflakes, Plain Special K, Rice Bubbles), cakes/biscuits made with white flour, rice cakes, white pasta or white rice.

Avoid – wholemeal, brown, rye breads and bread with seeds, wholegrain cereals, cakes and biscuits containing nuts, dried fruits, wholemeal flour and oatmeal, wholemeal pasta and rice.

Fruit and Vegetables:

Choose – only boiled or mashed potatoes, pumpkin, carrot, marrow, squash, asparagus tips, ripe bananas, stewed apples, stewed pears and pawpaw. (NB Skins and seeds of these fruits and vegetables should not be eaten).

Avoid – all other fruit and vegetables including salad vegetables.

Meat and Dairy Group:

**Choose – lean tender beef, veal, lamb, pork, poultry, fish and eggs.
Choose - small amounts of butter/margarine/cheese are allowed.**

Avoid – fatty and fried meats, highly seasoned meats and stews.

Beverages:

Choose – tea, coffee, water, plain milk drinks, soft drinks, soya milk, clear apple juice and clear soup. Alcohol is allowed if desired.

Avoid – unstrained fruit juices and flavoured milk shakes.

Sweets/Desserts:

Choose – jellies, sugar, honey, custard, and yoghurt.

Avoid – pies, quiches, pastry foods, jams, marmalade, peanut paste, dried fruit and nuts.

Avoid all fibre supplements e.g. – Metamucil, Benefiber, Psyllium, Normafibe etc.

****ANY FOODS NOT LISTED ARE NOT PERMITTED****

START 5 DAY LOW FIBRE DIET:

..... /..... **ALL DAY**

..... /..... **ALL DAY**

..... /..... **ALL DAY** **Drink extra one litre Glycoprep at night**

..... /..... **ALL DAY** **Drink extra one litre Glycoprep at night**

THE DAY BEFORE YOUR TEST:

..... /..... **UNTIL LUNCHTIME**

THE DAY PRIOR TO PROCEDURE:

THE LAST MEAL BEFORE YOUR TEST IS LUNCH NO LATER THAN 12 NOON

You can select foods from the following list only:

- **Clear soup** e.g. beef, bonox, chicken broth, chicken noodle (strained); AND/OR
- **Two Sao biscuits** with butter, vegemite or honey; AND/OR
- **Two slices of white bread or TOAST** with butter, vegemite or honey; AND/OR
- **Jelly (AVOID RED JELLY);**
- **Water, clear apple juice, black tea/coffee, or soft drink.**

After this light lunch, **DRINK CLEAR FLUIDS ONLY:**

- water, black tea (including green and herbal tea), black coffee, **clear** apple juice, soft drink, cordial
- clear soup e.g. beef, bonox, chicken broth, chicken noodle (strained)
- jelly avoiding RED coloured jelly and
- sports drinks (eg Powerade, Gatorade)

YOU ARE NOT TO HAVE ANY MILK OR SOLID FOOD AFTER THIS MEAL

THERE IS NO DINNER ON THE EVENING PRIOR TO YOUR PROCEDURE.

A: IF YOUR APPOINTMENT IS BEFORE OR AT 3.00 PM

AT 3.00 PM ON THE DAY PRIOR TO YOUR TEST, take the three bisacodyl tablets and the glass of magnesium citrate. Make up the magnesium citrate by placing the contents of the sachet in a small jug or mixing bowl and adding a full glass of tap water. Drink when fizzing stops. Do not mix up in a glass as it will spill over the top.

Now prepare the Glyco prep by placing the powder into a large jug or mixing bowl and adding a cup of hot water to help dissolve the powder. Then add three (3) litres of tap water and mix well. This mixture may be kept in the refrigerator or at room temperature.

Drinking the fluid, especially in winter, may remove a large amount of body heat.

YOU MUST ALLOW 2-3 HOURS BETWEEN TAKING THE BISACODYL/MAGNESIUM CITRATE AND THE GLYCO PREP SOLUTION.

AT 6.00 PM THE EVENING PRIOR TO YOUR TEST

Commence drinking the Glyco prep solution at approximately one glass every 10 to 15 minutes.

DRINK 2 LITRES OF THE SOLUTION TONIGHT.

AT _____ : _____ AM ON THE MORNING OF THE DAY OF YOUR TEST, commence drinking the last litre of Glycoprep solution at approximately one glass every 10 to 15 minutes.

THIS LITRE OF GLYCOPREP MUST BE FINISHED FOUR (4) HOURS PRIOR TO YOUR TEST

This solution will cause severe diarrhoea. Apply a water repellent cream to the anal area such as Vaseline or Lanolin. You can suck peppermint sweets, barley sugar or butterscotch in between drinking the solution to help improve the taste.

You may drink clear fluids until FOUR (4) HOURS BEFORE your test.

NIL BY MOUTH FROM _____ AM/PM _____ (Day)

B: IF YOUR APPOINTMENT IS AFTER 3.00 PM

AT : **ON THE MORNING OF YOUR TEST**, take the three bisacodyl tablets and the glass of magnesium citrate. Make up the magnesium citrate by placing the contents of the sachet in a small jug or mixing bowl and adding a full glass of tap water. Drink when fizzing stops. Do not mix up in a glass as it will spill over the top.

Now prepare the Glyco prep by placing the powder into a large jug or mixing bowl and adding a cup of hot water to help dissolve the powder. Then add three (3) litres of tap water and mix well. This mixture may be kept in the refrigerator or at room temperature.

Drinking the fluid, especially in winter, may remove a large amount of body heat.

YOU MUST ALLOW 2-3 HOURS BETWEEN TAKING THE BISACODYL/MAGNESIUM CITRATE AND THE GLYCO PREP SOLUTION.

AT : **ON THE MORNING OF YOUR TEST** commence drinking the Glyco prep solution at approximately one glass every 10 to 15 minutes. Drink **two (2)** litres of the solution.

AT : **ON THE MORNING OF YOUR TEST** commence drinking the last **one (1)** litre of the Glycoprep solution.

THIS LAST LITRE MUST BE FINISHED FOUR (4) HOURS PRIOR TO YOUR TEST.

This solution will cause severe diarrhoea. Apply a water repellent cream to the anal area such as Vaseline or Lanolin. You can suck peppermint sweets, barley sugar or butterscotch in between drinking the solution to help improve the taste.

You may drink clear fluids until FOUR (4) HOURS BEFORE your test.

NIL BY MOUTH FROM _____ AM/PM _____ (Day)