



INNER WEST GASTROENTEROLOGY

PATIENT INSTRUCTIONS

GLYCOPREP / GLYCOPREP-C (SPLIT PREP)

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

DAY:

TWO DAYS BEFORE EXAMINATION:

Stop all iron containing medications (Continue with your regular medication).

DAY:

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 allowed
- » Drink only **approved** clear liquids for breakfast, lunch and dinner:

APPROVED CLEAR LIQUIDS:

At least 2 bottles of: SPORTS DRINKS (500mL each) | Water | Clear Broth or Clear Bouillon | Clear Fruit Juices (Apple, Pear & Grape) | Plain Jelly | Black Tea or Coffee (*no milk*) | Bonox | Sports drinks | Carbonated Beverages | Barley Sugar | Clear Fruit Cordials (*Clear Lemon, Lime*) (*No red or purple colourings*).

Individual responses to laxatives do vary. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within two to three hours of taking the first dose. Please remain within easy reach of toilet facilities.

DAY:

DAY OF EXAMINATION:

First Dose:

At approximately 6 pm, commence drinking Glycoperp/Glycoperp-C **2 litres**. Ideally, drink approximately 1 to 2 glasses every 15-20 minutes until completed. Drink mixture slowly but completely. If you become nauseated, reduce rate of intake. Continue drinking adequate glasses of water or Approved Clear Liquids in order to retain hydration throughout your body.

Second Dose: (FOR MORNING PROCEDURE ONLY):

5.00am: Drink the 3rd litre as above and then **NIL BY MOUTH up till the test.**

Second Dose: (FOR AFTERNOON PROCEDURE ONLY):

9.30am: Drink the 3rd litre as above and then **NIL BY MOUTH up till the test.**

FAST FROM:

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