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Bowel preparation for Colonoscopy using Glycoprep-O

Detailed instructions with illustrations are available at our website :

perthsurgeon.com.au/bowel-prep-instructions

BOWEL PREPARATION :

- The better your bowel preparation, the higher the quality of your colonoscopy, and the safer it will be
- You will need to purchase this from your local Pharmacy :
 - 1) **1 Glycoprep-O Kit** (which contains 3 sachets of Glycoprep Orange 70g, 1 sachet of Magnesium Citrate 21.5g, and 1 blister pack containing 3 Bisacodyl 5mg tablets)
 - 2) **1 additional sachet of Glycoprep Orange 70g** (to have 4 sachets in total)
- **7 DAYS BEFORE** procedure, please stop all iron supplements. Continue with other regular medications unless otherwise directed by your doctor.
- **2 DAYS BEFORE** procedure, stop eating nuts, grains, seeds, fibrous goods, vegetable and fruit skins. Instead, eat foods low in fibre eg. white bread, crackers, rice, pasta, fish, boiled chicken, plain jelly, skim milk and well-cooked pumpkin or peeled potato. Drink plenty of Approved Clear Fluids
- **APPROVED CLEAR FLUIDS** include water, clear salty fluids (eg. strained soup), clear broth, clear fluids juices (strained, with no pulp), plain jelly, black tea or coffee (no milk or cream), sports drinks, oral rehydration salts, clear fruit cordials (lemon or lime). Fluids with red or purple colourings should be avoided. Do not drink alcoholic beverages

Low-residue diet

FOOD AND DRINK ALLOWED	Dairy • All milks, plain yoghurt, cheese and white sauces • Sour cream • Butter and mayonnaise Breads and grains • Breads made from refined white flour such as plain white bread, English muffins and croissants • Low-fibre cereals, such as Cornflakes and Rice Bubbles • White rice and pasta • Plain crackers (rice or white flour)	Meat • Lean beef, pork, lamb, veal, fish and chicken • Sausages and bacon • Plain meat pies Fruit and vegetables • Peeled pumpkin • Peeled potato Dessert • Vanilla ice cream • Meringue • Custard	Drinks • Clear, strained (pulp-free) fruit and vegetable juices, such as clear apple or pear • Water and carbonated water • Tea and coffee • Bonox, Aktavite, Sustagen, Ensure, Digestelact Others • Eggs • Tofu • Oil • Strained broths, clear soups and soup cubes • Margarine
	Dairy • Fruit yoghurts (opt for flavours such as honey, vanilla, lemon cheesecake, salted caramel - no bits) • Fruit cheeses Breads and grains • Wholemeal and fibre-enriched white bread • Breads containing nuts and seeds • Wholemeal (brown) rice or pasta • Cornmeal • High-fibre cereals, such as muesli, oats and granola Meat • Tough and gristly meats • Fish and meat paste	Fruit and vegetables • Strawberries, passionfruit, citrus fruit, grapes (including sultanas) • Tomato, capsicum, peas, corn, onions • Legumes such as beans, lentils, barley, split peas • All fruit and vegetable skins and seeds Nuts and seeds • All seeds, such as linseed, sesame, sunflower and poppy • All nuts	Dessert • Cakes or cookies made with wholegrain flour, dried fruits and seeds • Any dyed desserts Drinks • Fruit and vegetable juices containing pulp Others • Jams and marmalades with skins, seeds or peel • Honey • Spreads, such as vegemite, peanut butter, lemon butter, mustards and most relishes

Sample menu plan

The menu plan below is a suggestion only as you prepare for your colonoscopy.

BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER
Low-residue diet • Rice Bubbles with milk • Regular white toast and scrambled egg • Regular white toast and scrambled plain white tofu	• Plain rice cracker • Plain or vanilla yoghurt	• Ham and cheese sandwich on a white roll • Regular white toast and smooth peanut butter on a white crumpet	• Wedges with no skin • Sour cream or Tofutti	• Lean steak or chicken • Plain tofu stir-fried • Peeled potato and pumpkin • Boiled white rice

all correspondence to:
healthlink : **drdkchen**
p.o. box 4571 | myarree | wa 6960

specialising in:
advanced laparoscopic surgery
hernia repairs | cholecystectomy
gastroscopy & colonoscopy (open access)

1 DAY BEFORE PROCEDURE :

- A) Dissolve each of the sachets of Glycoprep Orange into 1L of water using a suitable container (total of 4 containers) in the morning. Chill in refrigerator
- B) Dissolve the sachet of Magnesium Citrate into 1 mug of hot water, mix and then chill in refrigerator
- C) For breakfast, have a light breakfast (low residue)
- D) After breakfast, do not eat any more solid food after that. Start drinking clear fluids only, aiming for at least 200ml per hour
- E) **2pm** - take 3 x Bisacodyl tablets with a full glass of water
- F) **4pm** - drink the Magnesium Citrate Solution and continue to sip clear fluids
- G). **6pm** - drink 1L Glycoprep over 1 hour (1-2 glasses every 15-20mins)
7.30pm - drink 1L Glycoprep over 1 hour
9pm - drink 1L Glycoprep over 1 hour

Continue sipping on clear fluids until bed time

ON DAY OF PROCEDURE :

- H) **5 hours BEFORE** your scheduled admission time, drink the last litre of Glycoprep over 1 hour

eg.	7am admission time	- drink at 2am
	9am admission time	- drink at 4am
	11am admission time	- drink at 6am
	1pm admission time	- drink at 8am
	3pm admission time	- drink at 10am

Continue to drink clear fluids until 2 hours before admission to stay hydrated.

Things to consider :

- Getting to & from the hospital & care at home after the procedure - On the day of your procedure you must **NOT DRIVE OR TRAVEL HOME IN A TAXI OR ON PUBLIC TRANSPORT UNACCOMPANIED**. Please arrange for someone to drive you to and from the hospital. you will require someone to keep an eye on you the night after your procedure. If you live alone you may need to ask someone to stay with you overnight.
- Fasting - Please make sure that you have fasted (no food or fluids) according to the information above. Inadequate fasting increases the risk of complications and may cause your procedure to be delayed or rescheduled.
- Blood thinning medications - Aspirin and clopidogrel (Plavix) do not need to be stopped. However if you are taking other blood thinners such as **Ticagrelor (Brillinta), Warfarin, Dabigatran (Pradaxa), Apixaban (Eliquis) or Rivaroxaban (Xarelto)**, please discuss these with your GP or specialist as these medications may have to be stopped. If you are in doubt, please contact the rooms prior to your procedure on 9312 1888
- Diabetic Patients - please read the information handout with the SJOG Endoscopy Suite brochure or discuss with the Anaesthetist for your procedure 1 week beforehand
- Other Medications - please take all other usual medications with a sip of water on the day of your procedure, at least 2 hours before you are due to attend the hospital
- After the procedure - if you have severe pain, vomiting, fever, or other symptoms that cause your concern, you must contact SJOG Hospital Murdoch, the rooms (office hours) or your GP. Patients with severe symptoms may need to attend their nearest Emergency Department

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If you have diabetes please inform your surgeon as soon as possible.

Pre-Surgery Information for Patients with Diabetes

If you are taking any of the following medications, contact your Surgeon / Anaesthetist immediately for instructions on withholding this medication, otherwise the following may occur:

- Your procedure may be cancelled or rescheduled
- You may become unwell
- You may require admission to the intensive care unit (ICU) for an intravenous insulin infusion.
- **Forxiga** (Dapagliflozin)
- **Xigduo** (Dapagliflozin and Metformin)
- **Qtern** (Dapagliflozin and Saxagliptin)
- **Jardiance** (Empagliflozin)
- **Jardiamet** (Empagliflozin and Metformin)
- **Glyxambi** (Empagliflozin and Linagliptin)
- **Steglatro** (Ertugliflozin)
- **Segluromet** (Ertugliflozin and Metformin)
- **Steglujan** (Ertugliflozin and Sitagliptin)

NOTE: These drugs are associated with a risk of Diabetic Ketoacidosis (DKA) if the person has been fasting, has undergone surgery, has a restricted dietary intake (carbohydrates in particular), undertaken bowel preparation for a procedure, is dehydrated or has an infection.



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Other Diabetes Medications and Insulin

- Seek advice from your surgeon or diabetes health professional prior to your surgery for any changes to your oral medications, non-insulin injections and insulin doses whilst fasting.
- It is advisable that patients requiring insulin do not drive themselves to hospital if they are fasting due to the risk of hypoglycaemia. Check your blood glucose levels every 2 hours on the morning of your procedure prior to arrival at the hospital.
- Make note of the insulin doses taken the day before and/or day of admission.

General Information

- To minimise the risk of wound infection post-surgery, blood glucose levels need to be within an optimum range. If your blood glucose levels have been unstable or your most recent HbA1c result was > 9.0%, organise a review with your GP, Endocrinologist or Diabetes Educator prior to admission.
- Bring with you to hospital your diabetes medications in their original packaging or an up to date list of medications.
- If you have a Continuous Subcutaneous Insulin Infusion Pump, please bring all the necessary supplies with you. The hospital does not supply consumables for pumps. Confirm with your admitting doctor if the pump will need to be detached for any investigation or procedures during admission.

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