



Patient Information

Glycoprep Kit-C Capsule Endoscopy Preparation Instructions

For a successful Capsule Endoscopy, it is very important that your bowel is thoroughly cleansed so that the lining of the bowel can be clearly seen. The preparation aims to clear your bowel so that by the morning of the procedure you are producing a clear or yellow return. A poor bowel preparation may result in the procedure being rescheduled or repeated. The preparation will initiate episodes of diarrhoea within 30 mins of commencement but can take as long as 6 hours to commence.

7 DAYS prior to your colonoscopy

- Cease Panadol and anti-inflammatory drugs
- Follow your Doctor's advice regarding ceasing prescribed blood-thinning medication

3 DAYS prior to your colonoscopy

- Stop all iron, fibre supplements and anti-diarrhoeal medications
- If you have a history of constipation or have previously had inadequate bowel prep, please commence a non-fibre laxative such as:
 - Movicol (1 or 2 Sachets a day)
 - Senna tablets (2 per day)
 - Epsom salts (1-2 teaspoons per day)
- Commence Low Fibre diet and continue drinking adequate water

1 DAY prior to your colonoscopy

At 12pm – Have a light lunch as per the Low Fibre Diet. This will be your final meal until further advised.

After lunch - Commence clear fluids only. Clear fluids consist of; Water, apple juice (can't be cloudy), clear broth, strained soup, electrolyte replacement drinks, cordial, soft-drinks, barley sugar, ice-blocks and jelly (Note: these must not contain any red or purple colourings, no dairy products or solids).

Premix and refrigerate **both** Glycoprep Kit C 1L sachets according to the instructions on the packet. This will mean you have 2 x 1L solutions prepared.

At 6pm - Commence the first 1L of the Glycoprep solution over 1-2 hours. Ensure you maintain high water intake over this time.

You may consume butterscotch or barley sugars whilst drinking the prep.

If you experience tenderness around the bottom, you may apply lanolin.

If you experience nausea, pause drinking for 30 minutes and then recommence.

DAY of your procedure

At 4am – Commence drinking final 1L of Glycoprep solution over the next 1-2 hours

At 6am – **You must now fast. Do not consume food, drink, smoke cigarettes, vape, chew gum or eat lollies from 6am.**

Information on Diabetes Management:

- **Prior to your procedure, please follow the advice provided by your usual treating Doctor to manage your diabetes medication.**
- It is advisable to check your blood-glucose levels regularly.
- While consuming clear fluids, you may drink apple juice (not cloudy) in order to maintain your blood-glucose levels.

Key points to remember prior to your arrival:

- **If you are unable to complete the bowel preparation, your bowel return is brown in colour or if it contains any solid matter** please contact nursing staff at the Montserrat Hospital where your procedure is scheduled between 7am-7.30am. Visit www.montserrat.com.au/contact/ for a list of Montserrat locations and contact details.
- **Arrive 60 mins prior** to your appointment time – this will be confirmed over the phone by our team 1-2 days prior
- **Wear comfortable clothing**
- **Arrange your personal transport home:** You must be accompanied by a responsible adult and if not arranged prior to your admission, we may cancel your procedure.

Further Information



We encourage you to read the 'Patient Information Booklet' which outlines your rights and responsibilities as a patient for further information and advice.