

Please pick up from chemist or the main MGS rooms (Suite 9, 271 Clayton Rd Clayton)

## **Patient Instruction Sheet – PREPKIT – C**

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.

**THIS KIT CONTAINS: 1: GlycoPrep-C 70g sachet 2: Two PicoPrep 15.5g sachets**

*These solutions are designed to clean out your bowel and therefore give you diarrhoea for a few hours. This preparation may cause multiple bowel movements. It usually induces frequent, loose bowel movements within 2-3hours of taking the first dose. Individual responses to laxatives do vary. Please remain within easy reach of toilet facilities. You should be passing clear fluid by the end of this time. Sometimes a feeling of "bloating" and/or nausea may occur after the first few glasses of the solution. This will pass when the bowel movements begin.*

DAY

### **ONE DAY BEFORE THE EXAMINATION**

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. **Do not discard Empty Packet to ensure directions are followed.** Have a "light" breakfast (tea/coffee and toast).

**AFTER BREAKFAST HAVE NO SOLID FOODS OR MILK OR MILK PRODUCTS, BUT DRINK PLENTY OF LIQUIDS (AT LEAST ONE GLASS EACH HOUR) FROM THE "APPROVED CLEAR LIQUIDS" LIST BELOW.**

#### **APPROVED CLEAR LIQUIDS:**

Water, **clear** fruit juices (Apple, Pear and Grape), plain jellies, Black Tea or Coffee (**NO MILK**), Bonox, Lucozade, Carbonated Beverages, Barley sugar, **clear** broth or **clear** Bouillon, clear **fruit cordials** (clear Lemon, Clear Lime) (no red or purple colours).

#### **MORNING PROEDURE (APPOINTMENT TIME BEFORE 12 MIDDAY)**

##### **1. FIRST DOSE**

**4:00PM.** Add the entire contents of ONE Sachet of the Pico prep in a glass of warm water (approx 250ML) and stir until dissolved. Chill for half an hour before dinking if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour), in order to retain hydration throughout the body.

##### **2. SECOND DOSE**

**6:00PM.** Remove the made up Glyco-Prep-C from the refrigerator following the INSTRUCTIONS on the back of the Glyco-Prep-C packet. You should try to drink a glass of the preparation about every 15 minutes. Total intake time should take approximately 1 hour in duration. If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

##### **3. THIRD DOSE**

**8:00PM.** Add the entire contents of ONE sachet of PICOPREP in a glass of warm water (approx 250ml) and stir until dissolved. Chill for half and hour in the refrigerator if preferred. Drink mixture slowly but completely. This should be followed by adequate glasses of water or Approved Clear Liquids (at least a glass per hour), in order to retain hydration throughout the body.

DAY

### **DAY OF EXAMINATION**

##### **1. Morning Procedure**

- . Nothing by mouth 4 hours before the procedure.
- . Appear for examination at scheduled time.