






PEOPLE OVER 70 YEARS AFTERNOON PROCEDURE

The bowel preparation induces frequent, loose bowel movements within one to three hours of taking the first dose. It is best to stay at home within easy reach of toilet facilities.

Please obtain from Chemist

3 x 70g sachets of Glycoprep Orange

2 Days Before		Maintain a low fibre diet. Avoid cereals, grains, seeds or nuts.
The Day Before	Breakfast and Lunch 	<p>Have light breakfast and light lunch choosing only foods from the 'white diet' including:</p> <ul style="list-style-type: none"> – Milk, white yoghurt (no added fruit), mayonnaise, cream, butter or margarine – White bread/toast, rice bubbles cereal, eggs – White rice, regular pasta, potatoes (peeled), rice noodles – Rice crackers (plain), white flour, sugar – Chicken breast (no skin), white fish fillet (no skin) – Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan – White chocolate, vanilla ice cream, lemonade icy-pole, custard. <p>After lunch have approved clear fluids for rest of the day (see list of clear fluids over).</p> <p>Mix each sachet of Glycoprep Orange with 1 Litre of water (total 3 litres) and store in fridge for later. A small amount of clear (e.g. lemon) cordial can be added to improve the taste.</p>
	First Dose at 6pm 	<p>Drink first litre of Glycoprep Orange solution over 1 hour slowly and completely:</p> <ul style="list-style-type: none"> – Try to drink a glass of the preparation every 15minutes – If you have nausea or discomfort, slow down the rate of intake – Drink at least 2 glasses of approved clear fluids during this time.
	Second Dose at 8pm 	<p>Drink second litre of Glycoprep Orange solution over 1 hour slowly and completely:</p> <ul style="list-style-type: none"> – Follow same instructions as for first dose – Continue to drink at least 1 glass of approved clear fluid every hour until sleep.
Procedure Day Third Dose at 7am 	<p>Drink third litre of Glycoprep Orange solution over 1 hour slowly and completely:</p> <ul style="list-style-type: none"> – Follow same instructions as for first dose. <p>NOTHING TO EAT OR DRINK AFTER 8.00AM.</p>	
Approved Clear Fluids 	<p>Water, clear fruit juice (apple, pear, grape), lemon jelly, black tea, black coffee, Bonox, Lucozade, carbonated drinks, barley sugar, clear broth, lemon fruit cordial.</p> <p>NO red or purple colours.</p>	

You may have clear fluids (from the approved clear fluid list) up until 6 hours prior to your procedure.

You may take usual prescription medication (except diabetic or blood thinning medication as advised) for up to 2 hours prior with a small sip of water.

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