







## PEOPLE OVER 70 YEARS MORNING 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 Glycoprep Orange sachet

<b>2 Days Before</b>		<b>Maintain a low fibre diet. Avoid cereals, grains, seeds or nuts.</b>
<b>The Day Before</b>	<b>Breakfast/Lunch</b> 	<p><b>Have light breakfast/lunch choosing only foods from the 'white diet' including:</b></p> <ul style="list-style-type: none"> <li>– Milk, white yoghurt (no added fruit), mayonnaise, cream, butter or margarine</li> <li>– White bread/toast, rice bubbles cereal, eggs</li> <li>– White rice, regular pasta, potatoes (peeled), rice noodles</li> <li>– Rice crackers (plain), white flour, sugar</li> <li>– Chicken breast (no skin), white fish fillet (no skin)</li> <li>– Cheese: cream cheese/cheddar/ricotta/feta/cottage/parmesan</li> <li>– White chocolate, vanilla ice cream, lemonade icy-pole, custard.</li> </ul> <p><b>After breakfast/lunch have approved clear fluids for rest of the day (see list of clear fluids below).</b></p> <p><b>Mix each sachet of Glycoprep Orange with 1 Litre of water (total 3 litres) and store in fridge for later.</b> A small amount of clear (e.g. lemon) cordial can be added to improve the taste.</p>
	<b>First Dose at 2pm</b> 	<p><b>Drink first litre of Glycoprep Orange (mixed into one litre of water) until completed:</b></p> <ul style="list-style-type: none"> <li>– This should take approximately one hour</li> <li>– If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.</li> </ul>
	<b>Second Dose at 4pm</b> 	<p><b>Drink second litre of Glycoprep Orange (mixed into one litre of water) until completed:</b></p> <ul style="list-style-type: none"> <li>– This should take approximately one hour</li> <li>– If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.</li> </ul>
	<b>Third Dose at 6pm</b> 	<p><b>Drink third litre of Glycoprep Orange (mixed into one litre of water) until completed:</b></p> <ul style="list-style-type: none"> <li>– This should take approximately one hour</li> <li>– If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.</li> </ul> <p><b>You must drink clear fluids until you go to bed.</b> <b>Drink at least one glass of approved clear liquid per hour.</b> <b>PLEASE FAST COMPLETELY FROM MIDNIGHT.</b></p>
<b>Procedure Day</b> 	<b>NO food or drink, including water, on the day of your procedure.</b>	
<b>Approved Clear Fluids</b> 	<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><b>NO red or purple colours.</b></p>	

If you have an afternoon appointment, 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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