

INSTRUCTION FOR BOWEL PREPARATION

PATIENT NAME: _____

OPERATION/EXAMINATION TO BE UNDERTAKEN _____

You are booked into hospital on _____ for your surgery/examination of your bowel. It is important that the following instructions are carried out exactly in order that your operation or examination will be successful.

The day before your examination you should have a **LIGHT BREAKFAST** as early as possible. For the remainder of the day you should have only **CLEAR FLUIDS**. Clear fluids consist of fluids without any solid material in them at all, freshly squeezed fruit juices for example are not suitable for you to drink. Suggested items to drink include: water, black tea and coffee, soft drinks, apple juice, grape juice and jelly.

At **midday** you should have one dose of **GLYCOPREP 70GM BOWEL PREPARATION** which you can obtain from your chemist. This is a medication that you drink. Please follow packet instructions to prepare. This will clear out your bowel so it should be taken when toilet facilities are readily available. You should have a second dose of **GLYCOPREP 70GM** at **4.00pm**. You will need to purchase 2 boxes of Glycoprep. After this preparation you should continue to have **CLEAR FLUIDS ONLY** for the rest of the evening.

If you are having your examination/operation in the morning of the following day you should not have anything to drink from **12 MIDNIGHT**. If you are having your examination/operation in the afternoon you should not have anything to eat or drink from 6.00AM.

Please note if Glycoprep is not available please purchase MoviPrep 2 Satchets and follow packet instructions.