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Laparoscopic Emergency & Elective

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### COLONOSCOPY BOWEL PREPARATION WITH GLYCOPREP-C.

Please buy “**Glycoprep C**” from the chemist; it’s available without the prescription.

“**Glycoprep-C**” is used for bowel cleansing prior to colonoscopy. The bowel needs to be clean before your doctor can examine it properly. Carefully follow the instructions below on how to mix this solution and when to take it. 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. “**Glycoprep-C**” produces watery stools or bowel motions within about an hour after the first administration and after 4 hours should produce a clear discharge.

#### **TWO DAYS PRIOR TO THE PROCEDURE:**

FOOD TO AVOID	YOU MAY EAT
brown bread, red meats, cereals, cheese, high fibre vegetables fruit any food containing nuts or seeds	BREAKFAST Clear fruit juice (apple or pear), Cornflakes or rice bubbles with milk, Eggs, White bread or toast with butter, margarine, honey or vegemite
	LUNCH Clear fruit juice (apple or pear), Clear chicken soup, White bread sandwich with any of these fillings – chicken, fish, and eggs. Stewed or tinned fruit without skin, Tea and coffee (milk and sugar allowed)
	DINNER Clear fruit juice (apple or pear), ginger ale, tea, coffee, Steamed white fish, Boiled chicken, Mashed or boiled peeled potatoes, peeled pumpkin, White rice or plain noodles or white pasta, Stewed or tinned fruit (without skins)
	SNACKS Tea, coffee, apple or pear juice, lemonade, Plain biscuit, plain sponge cake, crumpet, yoghurt, custards or plain jelly

#### **ONE DAY PRIOR TO THE PROCEDURE:**

CLEAR FLUIDS ONLY ALL DAY. NO SOLID FOODS, NO MILK PRODUCTS OR ALCOHOL ARE ALLOWED. Drink at least one glass (approx. 250mL) of clear fluids each hour to maintain hydration. Recommended clear <b>sugar free fluids</b> include water, clear broth, strained fruit juices without the pulp (apple, pear, white grape), tea or coffee (no milk), electrolyte replacing drinks, clear sugar-free cordials (lemon/lime), plain sugar free jelly (no red or purple colourings) and clear ice blocks. Barley sugar may be sucked if required. Do not drink carbonated beverages.
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Drink at least 3 litres of approved fluids PLUS the “**Glycoprep-C**” preparation liquid.

A total of 210g of “**Glycoprep-C**” will be required for the procedure. Three lots of 70g sachets can be prepared and used as required or one 210g sachet can be prepared at once and used instead. Prepare the “**Glycoprep-C**” solution by dissolving the contents of three 70g sachets (each in 1 litre of water) using a suitable food grade

container; or, by dissolving the contents of the 210g sachet in 3 litres of water using a suitable food grade container. Refrigerate if desired.

**Commence drinking the prepared “Glycoprep-C” solution at 4 pm for AM procedure and 6 pm for PM procedure.** Drink approximately one or two 250mL glasses of the prepared solution every 15-20 minutes until completed. Drink the mixture slowly but completely. If you become nauseated, reduce the rate of intake. **REMEMBER you need to be close to toilet facilities whilst you are taking “Glycoprep-C”.** The onset of diarrhoea is about 1 hour and should be complete in 4 hours.

**DAY OF THE PROCEDURE:**

IT IS IMPORTANT TO KEEP DRINKING THE APPROVED CLEAR FLUIDS UNTIL THE FASTING TIME. THE REQUIRED FASTING TIME IS 6 HOURS PRIOR TO YOUR PROCEDURE. FASTING MEANS NOTHING TO EAT, DRINK, SUCK OR CHEW.
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