

HOBSONS BAY ENDOSCOPY CENTRE

**GLYCOPREP-C INSTRUCTIONS**  
(PEOPLE OVER 70YRS OF AGE & DIABETICS)

Your kit contains: 4 x Glycoprep-C sachets 70g

**PLEASE READ CAREFULLY. THE PREPARATION IS TO BE TAKEN ON THE DAY BEFORE YOUR TEST.**

Two days before your test: Maintain a low fibre diet ie restrict brown/wholegrain breads, seeds, yellow cheese, cereals. Limit vegetables and fruit. You may have egg, steamed white fish, boiled chicken, white bread, white pasta, white rice.

**ON THE DAY BEFORE YOUR TEST:**

You may have a lite breakfast and a lite lunch, ie stewed fruit, poached egg, clear soup. No bread.

After lunch, you may have **clear fluids only** for the remainder of the day. No food or milk products.

- You must start drinking the Glycoprep-C at **2pm** on the day before your test
- Each packet of Glycoprep-C is to be mixed into one litre of water. You may refrigerate until required. You may also add some apple juice or lemon cordial for taste.
- Try to drink one packet of Glycoprep-C per hour if possible. If you start to feel nauseated whilst drinking the mixture, slow down your rate of intake.
- Drink at least one glass per hour of another approved clear fluid. (see list at bottom of page)
- All four packets must be taken. The test cannot be performed if all four packets are not taken.

**YOU ARE TO FAST COMPLETELY FROM MIDNIGHT. NOTHING TO EAT OR DRINK ON THE DAY OF YOUR TEST.**

- If you are taking any medication, please contact the centre for advice.

**APPROVED CLEAR FLUIDS**

Water, apple juice, pear juice, plain jelly, lemon/lime jelly, black tea & coffee (no milk), bonox, lemonade, lucozade, lemon cordial, lime cordial, carbonated beverages (no red or purple colourings), clear broth, barley sugar.