

Important Information

Preparation - In order to get a good visual interpretation of your large bowel, we require you to take medication that causes you to pass faecal matter numerous times prior to your appointment, with the aim of you passing liquid faecal matter. **This preparation kit is named MOVIPREP.** This can be obtained at your local pharmacy, no script needed.

ALL PATIENTS:

- One week prior**- cease taking 'bulk forming' agents e.g. Metamucil, benefibre.
- 5 days prior**- cease iron tablets.
- Ensure** your pre-admission paper is submitted to reception
- Day before and Day of procedure**- do not consume any alcohol
- Day before**- follow White Diet Instructions
- Organise** for a responsible adult to pick you up after your procedure (You must not use public transport or taxi services unless escorted by a responsible adult) Plans **MUST** be in place to have a carer/adult in attendance following procedure and to stay overnight.
- Advise work** you cannot work after your procedure (Medical and Carers certification available upon request to nurse)

***Please do not cease any medications without first consulting a Medical Practitioner.**

KEY INFORMATION:

- The procedure time will be approximately 20-30 minutes
- The arrival time will be confirmed with you 2 days beforehand by Victorian Gut Centre
- Allow 2 – 3 hours from your arrival time before you will be ready to go home
- On the day, your doctor will see you before and after the procedure to discuss the results
- You will receive a hard copy of the report. The report and all results will also be sent to your GP

DIABETIC PATIENTS:

You **MUST** consult your GP or Gastroenterologist prior to your procedure for instructions on taking your medication and fasting while taking the preparation.

BLOOD THINNING MEDICATION:

If you take blood thinning medications other than aspirin, please seek medical advice at least 10 days prior to the Colonoscopy. Aspirin can be continued.

ASTHMATIC PATIENTS:

Please bring inhalers in with you on the day of the procedure.

**** To prevent skin irritation, and for your comfort, we recommend a topical zinc based cream to your anal area when taking the bowel preparation.***

If you have any concerns or questions at any stage, please do not hesitate to contact our friendly staff at Victorian Gut Centre on (03) 9466 8466

DIET INSTRUCTIONS – THE DAY BEFORE YOUR COLONOSCOPY:

- Follow the **WHITE DIET** all day until 7pm (see instructions over page)
- After **7PM only CLEAR FLUIDS** are allowed until your colonoscopy (see below)
- **CLEAR FLUID** are:
 - ❖ Water, soda water, mineral water
 - ❖ Cordial (not red/purple/blue)
 - ❖ Sports drinks (not red/purple/blue)
 - ❖ Lemonade
 - ❖ Apple juice (no pulp)
 - ❖ Black tea/coffee
 - ❖ Clear soup (drained clear chicken broth)

BOWEL PREPARATION INSTRUCTIONS:

THE DAY BEFORE	
7PM	<ul style="list-style-type: none"> • Cease White Diet & continue CLEAR FLUIDS • Drink the first litre of Moviprep (mix sachet A + B in 1 litre of water until dissolved). Drink the litre over the hour (250 mls per 15 minutes). • Follow with 2 glasses of clear fluids
ON THE DAY	
4 Hrs before admit time	<ul style="list-style-type: none"> • Drink the second litre of Moviprep (mix sachet A + B in 1 litre of water until dissolved). Drink the litre over the hour (250 mls per 15 minutes). • Follow with 2 glasses of clear fluids then FAST
2 Hrs before your admission time	<ul style="list-style-type: none"> • FAST (no more clear fluids or anything to drink) • You can take regular medication with a sip of water but do not take diabetes medication
<p>Regular medications with a sip of water is OK. DO NOT take Diabetes medications. Arrive at scheduled admission time</p>	

WHITE DIET INSTRUCTIONS:

FOOD/FLUID ALLOWED:

- **CLEAR FLUIDS:** water, soda water, mineral water, cordial (not red/purple/blue), sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), coffee/tea, clear soup (clear drained chicken broth). **(BLACK TEA AND COFFEE AFTER 7PM)**
- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- 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 ice-block (icy pole), custard, milk bottles white confectionary

FOOD/FLUID NOT ALLOWED:

- **Anything NOT listed above**
- Other white coloured foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

WHITE DIET MENU SUGGESTION:

BREAKFAST:	Glass of milk Rice Bubbles with milk and white sugar Scrambled eggs and white toast
MORNING TEA:	Glass of Mineral water Plain rice crackers with cheese
LUNCH:	Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or mayonnaise A white chocolate Freddo Frog or Lemonade icypole or a handful of milk bottle lollies
AFTERNOON TEA:	Plain vanilla yoghurt Vanilla milkshake
DINNER:	White fish fillet with white rice or mashed potato Or Regular pasta with diced chicken breast and parmesan cheese Or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast Glass of soda water Vanilla ice cream