

COLONOSCOPY INSTRUCTIONS, THE WHITE DIET (DOUBLE DOSE MOVIPREP)

Key Information

- The procedure time will be approximately 20-30 minutes
- The arrival time will be confirmed with you 1-2 days beforehand by the hospital
- Allow 2-3 hours from your arrival time before you will be ready to go home
- Ensure you have someone to drive you home afterwards
- You must follow the separate **colonoscopy instructions** to prepare for the colonoscopy
- 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

What is a colonoscopy? A colonoscopy enables your doctor to examine the lining of the colon (large bowel). Under sedation, a flexible tube is gently passed via the anus into the colon. A tissue biopsy may be taken, or polyps removed. Colonoscopy is the best test to assess for bowel polyps, inflammation or cancer.

Is Colonoscopy safe? Colonoscopy is a safe and well-tolerated procedure. You may feel temporary bloating following the procedure due to inflation of the bowel during the procedure. Occasionally there may be nausea or light-headedness following the anaesthetic. Serious complications are rare, but may include:

- **Aspiration** - (stomach contents enter the lungs) <1% cases
- **Bleeding** - if a polyp is removed – this may occur up to 2 weeks following the procedure and rarely requires hospitalisation or further procedures to stop the bleeding; uncommon with most colonoscopy procedures <2% cases, very rare from biopsies
- **Infection** - rare
- **Perforation** (a hole in the bowel) which may require surgery rare – less than 1:3000

What Bowel Preparation is required? For the procedure to be accurate, the colon must be completely clean. This is achieved by following the **colonoscopy instructions** you will be provided with. The Preparation will cause diarrhoea to clean the colon. This is available to purchase without a script at your local pharmacy

What do I need to bring? You will need to bring your doctor's referral (if open access), health fund and Medicare cards. Wear loose fitting clothing and leave jewellery and valuables at home.

What happens afterwards? You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not been organised. You must not drive until the following day or longer if you drive a commercial licence.

You should contact your doctor immediately if you experience any severe abdominal pain, vomiting blood, difficulty breathing, fevers/chills, or any other symptoms you are concerned about. Alternatively, present to the closest emergency department

If you have any questions please call Victorian Gut Centre on 03 9466 8466

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BOWEL PREPARATION

- You will need to obtain two boxes of "MOVIPREP" (enough to make 4 litres). This is available at your local pharmacy without a prescription
- The preparation can be made-up and chilled in the fridge before hand, if preferred
- For a successful colonoscopy, it is very important that the large bowel be totally clean. Please follow the instructions carefully for the best possible results

MEDICATION

- Stop iron tablets, Imodium and Gastrostop 7 days before the colonoscopy
- Blood thinning medications: Please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued.
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin
- If you take the Oral Contraceptive Pill you should use additional contraception for 7 days after the bowel preparation is commenced as the pill's absorption may be temporarily affected.

DIET INSTRUCTIONS:

THE DAY BEFORE YOUR COLONOSCOPY

- Follow the **WHITE DIET** all day until you start drinking MOVIPREP (see instructions over page)
- Once you start drinking MOVIPREP, only **CLEAR FLUIDS** are allowed until your colonoscopy. CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth).

BOWEL PREPARATION INSTRUCTIONS:

THE DAY BEFORE

- | | |
|-------------|---|
| 6 pm | <ul style="list-style-type: none"> • Drink the first litre of Moviprep (mix sachet A + B in 1L water until dissolved) • Drink it within one hour • Follow with 500 ml (2 large glasses) of clear fluids |
| 8 pm | <ul style="list-style-type: none"> • Drink the second litre of Moviprep (mix sachet A + B in 1L water until dissolved) • Drink it within one hour • Follow with 500 ml (2 large glasses) of clear fluids |

ON THE DAY

- | | |
|--|---|
| 5 hours
before your
admission
time | <ul style="list-style-type: none"> • Drink the third litre of Moviprep (mix sachet A + B in 1L water until dissolved) • Drink it within one hour • Follow with 500 ml (2 large glasses) of clear fluids |
| 3-4 hours
before your
admission
time | <ul style="list-style-type: none"> • Drink the fourth litre of Moviprep (mix sachet A + B in 1L water until dissolved) • Drink it within one hour • Follow with 500 ml (2 large glasses) of clear fluids |
| 2 hours
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. • Please arrive at the scheduled admission time. |

WHITE DIET INSTRUCTIONS

WHITE DIET FOOD ALLOWED

- Food 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 and mashed only), 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 cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles" (white confectionery)
- CLEAR FLUIDS are allowed: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth).

Food NOT ALLOWED

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

WHITE DIET menu suggestions

WHITE DIET SAMPLE MENU PLAN

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 bottles" (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