

COLONOSCOPY INSTRUCTIONS - WHITE DIET (PREP KIT C)

Date of Procedure(s) _____ in the **Morning / Afternoon** with Doctor _____

PROCEDURE LOCATION:

<input type="checkbox"/> Bundoora Endoscopy	119 Plenty Rd, Bundoora	Ph: 9466 8466
<input type="checkbox"/> Cotham Private Hospital	209 Cotham, Rd Kew	Ph: 8803 0505
<input type="checkbox"/> Epworth Eastern	1 Arnold Street, Box Hill	Ph: 8807 7100
<input type="checkbox"/> John Fawcner Private Hospital	275 Moreland Rd, Coburg	Ph: 93852500
<input type="checkbox"/> Northpark Private Hospital	Cnr Plenty & Greenhills Road, Bundoora	Ph: 9468 0800
<input type="checkbox"/> Albury Base Hospital	Borella Rd, Albury	Ph: 02 60584444
<input type="checkbox"/> Insight Clinic (Albury)	L5, 470 Wodonga Place, Albury	Ph: 02 60580800

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 rectum (back passage) into the colon. A tissue sample (biopsy) may be taken, or polyps (growths) removed. Colonoscopy is the best test to assess for bowel polyps.

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:

- **Perforation** (a hole in the bowel) which may require surgery; rare ~ 1:3000 cases
- **Aspiration** (stomach contents enter the lungs) which may require antibiotic treatment or hospitalization if severe; uncommon <1% cases
- **Bleeding** if a polyp is removed – this may occur up to 2 weeks following the procedure and rarely requires hospitalization or further procedures to stop the bleeding; uncommon <2% cases, very rare from biopsies
- **Death** is extremely rare, although a possible consequence of any medical procedure

You should seek advice prior to the procedure if you have significant heart, lung or kidney problems

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 GastroNorth main rooms or your local pharmacy

What do I need to bring?

You will need to bring your doctor's referral if available, health fund card and medicare card. You will need to change into a patient gown for the procedure, and so please bring loose fitting clothing that can be easily removed and folded. Any jewellery and valuables should be left at home.

What happens afterwards?

You may be drowsy for several hours following the colonoscopy due to the sedation administered. A friend or family member needs to drive you home or your procedure may be cancelled if this has not been organised. You are not allowed to drive or operate machinery until the following day (ideally 24 hours)

Please contact your doctor if you experience any severe abdominal pain, heavy bleeding, fevers/chills, breathing difficulty, or any other symptoms you are concerned about. Alternatively, please present to the closest emergency department e.g. The Northern Hospital, the Austin Hospital etc

If you have any questions about the information above or the bowel preparation instructions, please call GastroNorth on 03 94689700

COLONOSCOPY INSTRUCTIONS - WHITE DIET (PREP-KIT-C)

BOWEL PREPARATION

- You will need to obtain "PREP-KIT-C". This is available at Bundoora Endoscopy or at your local pharmacy without a prescription. This contains 2 x Picoprep sachets (make each in 250ml water) and 1 x Glycoprep-C sachet (make in 1L water)
- 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. If the bowel is not completely clean then you may have to repeat the procedure again. Please follow the instructions carefully for the best possible results

MEDICATIONS

- Stop iron tablets, Imodium and Gastrostop 7 days before the colonoscopy
- If you take Insulin or blood thinning medications such as Warfarin, Clopidogrel (Plavix/Iscover), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban) or Brilinta (Ticagrelor) please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued
- Oral diabetic medications should be withheld on the day of the procedure. They may be recommenced after the procedure is complete.
- 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 8pm (**see instructions over page**)
- After **8PM 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), jelly (not red/purple)

BOWEL PREPARATION INSTRUCTIONS

MORNING COLONOSCOPY SCHEDULED		AFTERNOON COLONOSCOPY SCHEDULED	
THE DAY BEFORE		THE DAY BEFORE	
6pm	Drink the first Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUIDS	6pm	Drink the first Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUIDS
8pm	Drink the Glycoprep - C sachet in 1L water Drink 1 glass every 10-15 minutes until finished Cease white diet and continue CLEAR FLUIDS	8pm	Drink the Glycoprep - C sachet in 1L water Drink 1 glass every 10-15 minutes until finished Cease white diet and continue CLEAR FLUIDS
ON THE DAY		ON THE DAY	
3hrs before admit time	Drink the last Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUIDS	8am	Drink the last Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUIDS
FAST (no more clear fluids) after your last dose of Moviprep and 2 glasses of clear fluids. You should be fasting for at least 2 hours before your admission time. Regular medications with a sip of water is OK. Do not take diabetes medications. Arrive at scheduled admission time.		FAST from 11 am (no more clear fluids) Regular medications with a sip of water is OK. Do not take diabetes medications. Arrive at scheduled admission time.	

AFTER THE PROCEDURE

- Please note that your admission time is not the exact time of your procedure. Please allow approximately 3 hours from your admission time before you are ready to be discharged
- Because of the sedative you will receive during the procedure:
 - You are not allowed to drive or operate machinery until the following day (ideally 24 hours)
 - You should arrange return transport and ensure a responsible adult stays with you overnight
 - It is recommended that you do not sign any legal documents until the following day

WHITE DIET INSTRUCTIONS

WHITE DIET food/fluids ALLOWED

- CLEAR FLUIDS are allowed in the white diet: 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), jelly (not red/purple)
- 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 cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles" (white confectionery)

Food 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 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