

## COLONOSCOPY INSTRUCTIONS (SPLIT DOSE PLENVU) White diet Morning

Date of Procedure(s) \_\_\_\_\_ in the Morning with Doctor \_\_\_\_\_

### PROCEDURE LOCATION:

|  |  |                 |
|--|--|-----------------|
| <input type="checkbox"/> Victorian Gut Centre            | 119 Plenty Road Bundoora               | Ph: 9466 8466   |
| <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 |
| <input type="checkbox"/> Manningham Day Procedure Centre | L3 200 High Street Lwr Templestowe     | Ph: 88 500 590  |

### 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 GastroNorth main rooms or 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 GastroNorth on 03 94689700**

# COLONOSCOPY INSTRUCTIONS (SPLIT DOSE PLENVU)

## BOWEL PREPARATION

- You will need to obtain "PLENVU" This is available at GastroNorth or you may have to ask your local pharmacy to order it in advance. It does not require a prescription
- The preparation can be made-up and chilled in the fridge for up to 6 hours before drinking
- 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 PLENVU (see instructions over page)
- Once you start drinking PLENVU, only **CLEAR FLUIDS** are allowed until after 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

|                      |   |
|----------------------|---|
| <b>7 pm (approx)</b> | <b>Drink Dose 1 of PLENVU (mango flavour):</b> Mix the <b>dose 1 sachet</b> with 500 mL water and stir for a few minutes <b>until all dissolved</b><br>Drink Dose 1 over 30 minutes<br>Follow with at least 500 mL (two large glasses) of clear fluids over the next 30 minutes<br>Continue to drink clear fluids |
|----------------------|---|

### ON THE DAY

|   |  |
|---|--|
| <b>3-4 hours</b> before your admission time | <b>Drink Dose 2 of PLENVU (fruit punch flavour):</b> Mix the <b>dose 2 sachet A + dose 2 sachet B</b> with 500 mL water and stir a few minutes <b>until all dissolved</b><br>Drink Dose 2 over 30 minutes<br>Follow with at least 500mL (two large glasses) of clear fluids over the next 30 minutes |
| <b>2 hours</b> before your admission time   | <b>FAST (no more clear fluids or anything to drink)</b><br>You can take regular medication with a sip of water but do not take diabetes medication<br>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

|                       |   |
|-----------------------|---|
| <b>Breakfast:</b>     | Glass of Milk<br>Rice bubbles with milk and white sugar<br>Scrambled eggs and white toast   |
| <b>Morning Tea:</b>   | Glass of Mineral water<br>Plain rice crackers with cheese   |
| <b>Lunch:</b>         | Glass of lemonade<br>White bread sandwich with sliced chicken breast, cream cheese or mayonnaise<br>A white chocolate Freddo Frog or Lemonade icypole or a handful of "milk bottles" (lollies)  |
| <b>Afternoon Tea:</b> | Plain vanilla yoghurt<br>Vanilla milkshake  |
| <b>Dinner</b>         | White fish fillet with white rice or mashed potato<br>or Regular pasta with diced chicken breast and parmesan cheese<br>or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast<br>Glass of soda water<br>Vanilla ice cream |