

Colonoscopy Instructions

White Diet and Same Day Plenvu

Information about your Colonoscopy

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 discomfort following the procedure. Occasionally there may be nausea or light-headedness following the anaesthetic. More significant complications are uncommon, but may include the following:

Aspiration – if the contents of the stomach enter the airways – The risk is generally less than 1 in 100 procedures

Bleeding – after polyp removal or biopsy, may occur up to 10 days following the procedure. The risk is generally less than 2 in 100 procedures

Infection – rare

Perforation – a hole in the bowel that may require surgery – The risk is generally less than 1 per 1000 procedures.

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. The Preparation will wash through the bowel and cause diarrhoea that should become clear and watery. This is available to purchase without a script at GastroNorth main rooms or your local pharmacy.

What do I need to bring?

You may need to bring your doctor's referral (if you have been referred directly by your GP). Bring your 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 vehicle. You should contact your doctor or attend and Emergency Department immediately if you experience any severe abdominal pain, vomiting or passing blood, difficulty breathing, fevers/chills, or any other symptoms you are concerned about.

Colonoscopy Instructions

Date of Procedure: _____ in the Morning / Afternoon

Doctor: _____

PROCEDURE LOCATION:

<input type="checkbox"/> Victorian Gut Centre	119 Plenty Road, Bundoora	Ph: 9466 8466
<input type="checkbox"/> John Fawcner Private Hospital	275 Moreland Rd, Coburg	Ph: 9385 2500
<input type="checkbox"/> Northpark Private Hospital	Cnr Plenty & Greenhills Road, Bundoora	Ph: 9468 0800
<input type="checkbox"/> Manningham Day Procedure Centre	L3, 200 High Street, Lwr Templestowe	Ph: 8850 0590
<input type="checkbox"/> Mitcham Private Hospital	27 Doncaster East Rd, Mitcham	Ph: 9210 3177
<input type="checkbox"/> Knox Private Hospital	262 Mountain Hwy, Wantirna	Ph: 9210 7018

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 3 hours from your arrival time before you will be ready to go home
- Ensure you have someone to drive you home afterwards
- Follow the instructions carefully to for your colonoscopy to be successful
- 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

Bowel Preparation

- You will need to obtain "PLENVU" This is available at GastroNorth or at your local pharmacy without a prescription. The preparation can be made-up and chilled in the fridge shortly before it is consumed
- The White Diet is a low fibre diet eaten the day before the colonoscopy. It helps to reduce hunger and improves your overall experience

Medication

- Stop iron tablets, Imodium and Gastrostop 7 days before the colonoscopy
- Blood thinning medications: Please seek advice well 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.

If you have any questions, please call GastroNorth on 03 9468 9700

Diet Instructions

7 DAYS BEFORE YOUR COLONOSCOPY

- Stop eating food containing seeds/grains including multigrain bread

THE DAY BEFORE YOUR COLONOSCOPY

- **WHITE DIET:** Only eat foods from the White Diet instruction sheet. Have a White Diet breakfast, lunch and small early dinner. Do not eat your regular diet.

Bowel Preparation Instructions

ON THE DAY	
6.30am	<ul style="list-style-type: none"> • WHITE DIET: You may have a small White Diet breakfast at 6.30 am then stop eating food and drink CLEAR FLUIDS from 7 am • CLEAR FLUIDS: After 7am 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).
7 am	<ul style="list-style-type: none"> • Drink Dose 1 of PLENVU (mango flavour) • Mix the dose 1 sachet with 500 mL water and stir until dissolved • Drink Dose 1 over 30 minutes • Follow with at least 500 mL (two large glasses) of clear fluids over the next 30 minutes • Continue to drink clear fluids
9 am	<ul style="list-style-type: none"> • Drink Dose 2 of PLENVU (fruit punch flavour) • Mix the dose 2 sachet A+ dose 2 sachet B with 500 mL water and stir until dissolved • Drink Dose 2 over 30 minutes • Follow with at least 500mL (two large glasses) of clear fluids over the next 30 minutes
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 • If you take blood thinning/diabetes medication, follow the instructions you have been given • Please arrive at the scheduled admission time

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The White Diet

White Diet Food Allowed

- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking.
- White bread/toast, rice bubbles, eggs
- White rice, regular pasta, potatoes (peeled and finely mashed only), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice block (icy pole), custard, “milk bottles” (white confectionary)
- CLEAR FLUIDS are allowed: water, soda/ 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
- No fruit or vegetables. No other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, corn mushrooms, semolina, couscous, popcorn

Some White Diet Suggestions

WHITE DIET SAMPLE MENU PLAN

Breakfast: Glass of Milk
Rice bubbles with milk
Scrambled eggs and white toast

Morning Tea: Plain rice crackers with cheese

Lunch: Glass of lemonade or mineral water
White bread sandwich with cheese or sliced chicken breast and mayonnaise
A white chocolate Freddo Frog or Lemonade icypole or a handful of “milk bottles” lollies

Afternoon : Plain vanilla yoghurt or Vanilla milkshake
Tea

Early 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 or yoghurt

- dinner meals to be a small serve