

Colonoscopy/Double Procedure Preparation – White Diet (Moviprep)

Proper patient preparation is very important to ensure that the procedure is both safe and successful. Please read and carefully follow the instructions below.

What to bring:

- Referral letter from your Doctor
- Medicare Card (*Please inform staff when booking if you have no Medicare card, Interim Card or Reciprocal Card*)
- Private Insurance Card (if applicable)
- Pensioner/Health Care Card (if applicable)
- Repatriation (DVA) Card (if applicable)
- Account Payment (*St Albans Endoscopy Centre accepts Cash, EFTPOS, MasterCard or Visa to facilitate easy payment of accounts on the day*)
- Medications that you are currently taking
- Reading Glasses (if applicable) and glasses case

Clothing:

- Wear light/loose casual clothing
- Do not bring valuables with you
- Do not wear makeup or jewellery
- Remove any nail polish

General information:

- Dietary modification: -
 - For 2 days prior to the Colonoscopy or Double Procedure, avoid foods with grains, seeds or nuts
 - Follow the **WHITE DIET** all day until 7pm (**see instructions on page 3**)
 - After **7PM the day before your procedure, 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)
- Medications:
 - **Stop any Iron Supplements 7 days before the procedure**
 - You can usually take all of your regular medications with a sip of water.
 - If you take **Warfarin(Coumadin/Marevan), Apixaban(Eliquis), Clopidogrel(Plavix/Iscover), Dabigatran(Pradaxa), Rivaroxaban(Xarelto), Ticagrelor(Brilinta), or Insulin** please seek advice at least 10 days prior to the procedure. Aspirin can be continued
 - Oral diabetes medications should be withheld on the morning of the procedure.
 - If you take the Oral Contraceptive Pill, you should *use additional contraception for 7 days* after the bowel preparation has commenced as the pill's absorption may be temporarily affected.
- Preparation Kit:
 - You will need to obtain Moviprep
 - This is available to purchase at St Albans Endoscopy or at your local pharmacy without a prescription

Key information:

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

Please Turn Over for the Preparation Instructions.

Preparation

Bowel Preparation Kit Instructions

Moviprep is a 2L preparation. To make-up each litre, mix sachet A + sachet B with 1L of water.
The preparation can be made-up and chilled in the fridge beforehand if preferred.

MORNING COLONOSCOPY SCHEDULED (before 1pm)		AFTERNOON COLONOSCOPY SCHEDULED (after 1pm)	
THE DAY BEFORE		THE DAY BEFORE	
7pm	Drink the first litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS CEASE WHITE DIET (Continue drinking CLEAR FLUIDS)	7pm	Drink the first litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of clear fluids CEASE WHITE DIET (Continue drinking CLEAR FLUIDS)
ON THE DAY		ON THE DAY	
4hrs before admit time	Drink the second litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS	8am	Drink the second litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS
<ul style="list-style-type: none"> • STOP ALL FLUIDS after your last dose of Moviprep and 2 glasses of clear fluids. You should not drink for at least 3 hours before your admission time. • Regular medications with a sip of water is OK. • Do not take diabetes medications. • Arrive at scheduled admission time. 		<ul style="list-style-type: none"> • STOP ALL FLUIDS from 10 am • 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
 - 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

Please Turn Over for the White Diet Instructions.

WHITE DIET INSTRUCTIONS

General Information:

- Ensure that you drink at least 3-4L of fluids the day before the procedure.
- To increase the chances of having clean bowels for the procedure, it is important not to overeat or have large portion sizes.

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 (not high fibre bread), 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