

## Afternoon colonoscopy: MegaPrep

- For a successful colonoscopy, it is vital that the colon is clean. This is best achieved by adopting the '**White Diet**', taking the '**Movicol**', '**Durolax**' and '**ColonLYTELY**' bowel preparation, and maintaining adequate hydration
- The bowel preparation will flush out the colon resulting in diarrhoea, which should become clear and watery when the colon is clean
- If the colon is not completely clean, then important abnormalities such as polyps or cancers could be missed, and you may have to repeat the procedure
- The timing of the bowel preparation varies depending on whether your colonoscopy is in the morning or in the afternoon, so please make sure you follow the correct set of instructions
- TWO DAYS BEFORE COLONOSCOPY, ONLY EAT FOODS ALLOWED IN THE WHITE DIET (PAGE 3)**
- DRINK THE BOWEL PREPARATION USING THE INSTRUCTIONS BELOW**

**Purchase the following bowel preparation from your pharmacy at least 7 days before your procedure:**

- 5 ColonLYTELY sachets
- 6 Durolax tablets
- 14 Movicol sachets

If you take **BLOOD THINNING MEDICATIONS** (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) **OR DIABETES MEDICATIONS/INSULIN**, please contact Dr Dwyer ([drjeremydwyer@gmail.com](mailto:drjeremydwyer@gmail.com), Ph 0435 402 789) for further instructions

<b><u>7 DAYS BEFORE COLONOSCOPY</u></b>	<b>Stop</b> taking any IRON TABLETS OR FIBRE SUPPLEMENTS
<b><u>5 DAYS BEFORE COLONOSCOPY</u></b>	<b>Stop</b> eating SEEDS, GRAINS or PEELS/SKINS <b>Start</b> the ' <b>WHITE DIET</b> ' <b>Start taking 2 sachets of MOVICOL <u>EVERY MORNING AND EVENING</u> until two days before your colonoscopy</b>
<b><u>2 DAYS BEFORE COLONOSCOPY</u></b>	<b>Take the last 2 sachets of MOVICOL in the morning</b> Continue the ' <b>WHITE DIET</b> ' and drink plenty of FLUIDS  <b>Drink one sachet of ColonLYTELY in 1L of water at 6 PM</b>
<b><u>DAY BEFORE COLONOSCOPY</u></b>	<b>CONTINUE THE 'WHITE DIET' FOR BREAKFAST AND LUNCH BUT NO SOLID FOOD AFTER 1 PM</b>  <b>Take 3 Durolax tablets with breakfast and</b> <b>Take 3 Durolax tablets with lunch</b>

<p><b>Please note: Taking the bowel preparation will cause you to have diarrhoea. This is the only way to ensure the bowel is clean</b></p>	<p><b>AFTER 1 PM TAKE ONLY CLEAR FLUIDS SUCH AS:</b></p> <ul style="list-style-type: none"> <li>* Water or clear broth</li> <li>* Clear fruit juice (e.g. apple juice) or lemon/orange cordials</li> <li>* Coffee or tea <b>without milk</b></li> <li>* Clear Gatorade or other sports drinks, soft drinks</li> <li>* Plain jelly</li> </ul> <p><b>Drink one sachet of ColonLYTELY in 1L of water at 4 PM</b></p> <p><b>Drink one sachet of ColonLYTELY in 1L of water at 6 PM</b></p> <p>Continue to drink plenty of <b>CLEAR FLUIDS</b> listed above</p>
<p><b>DAY OF COLONOSCOPY</b></p>	<p><b>GET UP EARLY AND START THE BOWEL PREPARATION AT 5 AM</b></p> <p><b>DO NOT HAVE BREAKFAST APART FROM CLEAR FLUIDS</b></p> <p><b>Drink one sachet of ColonLYTELY in 1L of water at 6 AM</b></p> <p><b>Drink one sachet of ColonLYTELY in 1L of water at 8 AM</b></p> <p>Continue to drink additional clear liquids after finishing the bowel preparation but be sure to stop drinking liquids at least 2 hours before your procedure time</p> <p>You can take regular medication with a sip of water but do not take diabetes medication</p> <p><b>FOR AT LEAST 2 HOURS BEFORE YOUR PROCEDURE TIME STAY NIL BY MOUTH (NOTHING TO EAT or DRINK: <i>no water, food, chewing gum, lollies, ice etc</i>)</b></p>

# The White Diet - Instructions

Only foods or beverages listed below under 'WHITE DIET FOODS & FLUIDS PERMITTED' may be consumed. There is also a sample menu that can be used for meal ideas.

## TWO DAYS BEFORE YOUR COLONOSCOPY

## ONLY CONSUME FOODS & FLUIDS PERMITTED IN THE WHITE DIET

### WHITE DIET FOODS & FLUIDS PERMITTED:

- Milk (regular, low fat, skim), water, lemonade, soda or mineral water, clear (not coloured) Gatorade or other sports drinks
- Regular white bread/toast, rice bubbles, white rice, regular pasta, potatoes (peeled), rice noodles, plain rice crackers, white flour, sugar
- Eggs, Chicken breast (no skin), white fish fillet (no skin)
- Plain cream cheese, cheddar cheese, ricotta, fetta, cottage, parmesan or mozzarella cheese, white sauce
- White coloured yoghurt (*no added fruit or inulin*), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White chocolate, vanilla ice cream, lemonade icypole, clear jelly, custard, "milk bottles" (confectionery)

### FOODS TO BE EXCLUDED (NOT ALLOWED):

- Anything not listed above
- Other white foods including pears, parsnip, cauliflower, onion, high fibre white breads (eg. Wonder White), tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

### WHITE DIET SAMPLE MENU PLAN

**Breakfast:** Glass of Milk (regular, low fat, skim)  
Rice bubbles with milk and white sugar  
Scrambled eggs and regular 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

## General Instructions

- Where applicable, please bring your doctor's referral letter/Private Health Fund details/ Medicare card/Pension card/Veteran's Affairs card/ Ambulance Victoria and medication list on the day of your procedure.
- You will be admitted for approximately 3 hours.
- You will need someone to take you home following the procedure.
- You CANNOT catch a taxi or public transport home alone and you will need a responsible adult to stay with you overnight after the procedure. Your procedure may be cancelled if this has not been arranged.
- Do NOT drive, return to work, operate machinery, sign legal documents, drink alcohol or care for young children without other adult help for 24 hours after your procedure.
- Continue to take your usual medications (EXCEPT diabetic medicines) on the day of your procedure with a sip of water.
- You will be given intravenous sedation to ensure you are comfortable during the procedure.
- All procedures involve some potential risks. You will be able to discuss any concerns with the Gastroenterologist prior to your procedure.