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Gastroenterologist and Hepatologist

Your Procedure will occur at:

**Ambulatory Care and Endoscopy
Concord Repatriation General Hospital
Level 1, Hospital road, concord
Ph 9767-6111**

Preparation for Colonoscopy (morning procedure)

BOWEL PREPARATION

- You will need to obtain “Pico-prep” from your local pharmacy. This contains 3 sachets.
- The preparation can be made-up and chilled in the fridge beforehand 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 BEFORE YOUR COLONOSCOPY

- Follow the **WHITE DIET for 2 days** before your colonoscopy - (see instructions over page)
- On the day before your colonoscopy you can have the white diet until 2pm
- After 2PM 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 (no milk), clear soup (e.g. clear chicken broth), jelly (not red/purple)

BOWEL PREPARATION

- **You should take 1 sachet of Pico-prep at 4pm and 7pm on the day prior to your procedure AND 1 sachet 4 hours before your admission time**
- You may continue drinking **CLEAR** liquids up until **3 hours prior to your admission**, thereafter you are required to fast i.e. **NOTHING TO EAT OR DRINK** until after your procedure.

WHITE DIET

Foods 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 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

GASTROSCOPY (only)

DIET

- You are required to **fast for 6 hours prior to your admission** time i.e.
- You can continue to have **CLEAR FLUIDS until 3 hours prior to your admission** times
- 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 (no milk), clear soup (e.g. clear chicken broth), jelly (not red/purple)

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- Oral diabetic medications should be withheld on the day of the procedure. They may be recommenced after the procedure is complete.
- If you are insulin dependent, please ensure you have made both our office and the Day Hospital aware of this.

COLONOSCOPY AND GASTROSCOPY

If you are having **BOTH** a colonoscopy and gastroscopy/small bowel biopsy, please follow the DIET and PREPARATION instructions as per "Colonoscopy" instructions on previous page.

AFTER YOUR PROCEDURE

PLEASE ENSURE You have organised someone to take you home after your procedure, as legally you may

- 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

If there is a problems or concerns, please call my rooms on 9386 9780 or Concord gastroenterology reception on 9767-6111.

If you have not already done so, please ensure you have booked a follow up consultation appointment to discuss your results. Call us on **9386 9780** to arrange.