

COLONOSCOPY INSTRUCTIONS (MOVIPREP) WITH THE WHITE DIET

BOWEL PREPARATION

- You will need to obtain 'MoviPrep' (2 x A and 2 x B sachets per box). This is available at most local pharmacies, without a prescription. **IF YOUR PHARMACY DOES NOT STOCK IT, THEY CAN ORDER IT IN. PLEASE ALLOW TIME FOR IT TO BE ORDERED PRIOR TO YOUR PROCEDURE.** It is a 2L preparation in total.
- To make-up each litre, mix sachet A plus sachet B in 1 L of water.
- 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 be required to repeat the procedure. 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.

WHITE DIET INSTRUCTIONS

THE DAY BEFORE YOUR COLONOSCOPY

- Follow the WHITE DIET all day until 8pm (see instructions over page)
- After 8pm 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)

BOWEL PREPARATION INSTRUCTIONS

MORNING COLONOSCOPY		AFTERNOON COLONOSCOPY	
DAY BEFORE:		DAY BEFORE:	
7pm	Step 1: Drink the first litre of MoviPrep (mix sachet A+B in 1L water). Drink 1 glass every 10-15 minutes. Step 2: Drink 2 glasses of clear fluids	7pm	Step 1: Drink the first litre of MoviPrep (mix sachet A+B in 1L water). Drink 1 glass every 10-15 minutes. Step 2: Drink 2 glasses of clear fluids
8pm	Cease White Diet and continue CLEAR FLUIDS	8pm	Cease White Diet and continue CLEAR FLUIDS
ON THE DAY:		ON THE DAY:	
6 hrs before admit time	Step 1: Drink the second litre of MoviPrep (mix sachet A+B in 1L water). Drink 1 glass every 10-15 minutes. Step 2: Drink 2 glasses of clear fluids THEN FAST	6 hrs before admit time	Step 1: Drink the second litre of MoviPrep (mix sachet A+B in 1L water). Drink 1 glass every 10-15 minutes. Step 2: Drink 2 glasses of clear fluids THEN FAST
FAST No food, no drink, no more clear fluids after your last dose of MoviPrep and 2 glasses of clear fluids. You should be fasting 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.		FAST No food, no drink, no more clear fluids after your last dose of MoviPrep and 2 glasses of clear fluids. You should be fasting 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.	

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 (ideally 24 hours)
 - You should arrange return transport and ensure a responsible adult stays with you overnight. The Specialist reserves the right to decline to perform procedures if proper arrangements have not been made.
 - It is recommended that you do not sign any legal documents until the following day.

WHITE DIET INSTRUCTIONS (THE DAY BEFORE YOUR COLONOSCOPY)

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 (eg 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).

FOODS 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.
- Avoid foods with grains or seeds for 7 days prior to procedure.

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 icy-pole or a handful of 'milk bottles' (lollies).
AFTERNOON TEA	Plain vanilla yoghurt
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