

## AFTERNOON COLONOSCOPY INSTRUCTIONS

YOUR COLONOSCOPY IS ON:

**PURCHASE MOVIPREP FROM A PHARMACY** at least three days before your procedure. MOVIPREP is a strong laxative that will help to clean out the bowel. A box of Moviprep contains 4 sachets.

### SEVEN DAYS BEFORE THE COLONOSCOPY

- Stop eating any form of nuts, peels/skin (eg. Apple, pear, peach, nectarine) and vegetables with peel/skin intact (eg. corn, peas, capsicum) and seeds including seeded breads.
- STOP taking anti-diarrhoea and iron tablets if you are on them.
- If you are taking blood thinner medication the Doctor will advise you when you need to stop taking the medication. I.e. Plavix, Warfarin, Aspirin and anti-inflammatories.

Medication instructions:

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### THREE DAYS BEFORE THE COLONOSCOPY

We will call and give you an admission time and remind you of any excess or payment required on the day.

### TWO DAYS BEFORE THE COLONOSCOPY

- If you suffer from constipation, use your usual medication to aid bowel movements. Alternatively taking 1-2 sachets of Movicol tonight will help to clean your bowel.
- Organise someone to pick you up after the procedure.
- Start following the White Diet Instructions (on page 3).
- Only eat food from the White Diet.
- Drink plenty of Permitted Clear Fluids (see box).

### THE DAY BEFORE THE COLONOSCOPY - BOWEL PREP

- Continue to drink one glass of clear fluid each hour you are awake.
- Dissolve all 4 sachets of Moviprep in a 2 litre container. Stir until all the powder dissolves. You can put the Moviprep in the fridge to cool down for a better taste. (NOTE: Please follow these instructions and not the instructions from the packet).
- Continue the White Diet for breakfast, lunch and early dinner.
- Stop the white diet at 5pm. Keep drinking Clear Fluids.
- At 6pm drink 1.5 L of Moviprep slowly ie. drink one glass every 15 minutes. Drink at least 3 glasses of clear fluid after the Moviprep. Keep drinking 1 glass of clear fluid every hour you are awake to prevent dehydration.

#### PERMITTED CLEAR FLUIDS

**It is important for you to drink a lot of clear fluid throughout your preparation period to ensure the procedure is successful.**

**Permitted Clear fluid** includes cordial, Gastrolyte, clear apple juice, Gatorade, green tea, black tea, black coffee, jelly, clear soup, such as chicken or beef stock, water and soft drink. You can make your own stock and drain off the solids.

***If you can see through it, you can drink it.  
If not, you can't.***

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- Stay close to the toilet. The preparation can work quickly causing multiple bowel movements and watery stools.
- Save the remaining 500ml Moviprep in the refrigerator.
- Set your alarm for 7am.

### **THE DAY OF THE COLONOSCOPY**

- 7am - drink the last 500ml of MoviPrep over 30 minutes followed by 2 glasses of clear fluids.
- 8am - Nil by mouth (including water, lollies or chewing gums).
- Take your morning medications as per instruction by your doctor.
- Your bowel motion should be a pale yellow liquid to indicate a clean bowel.
- Please bring your medications with you for the Anaesthetist to review.

### **TIPS TO MAKE YOUR BOWEL PREP MORE PLEASANT**

- You can take Panadol for headaches.
- Expect to go to the toilet a lot. Zinc and castor oil cream or baby wipes can help to ease discomfort around your anal area.

### **AFTER YOU HAVE HAD YOUR COLONOSCOPY**

- Dr Le/McCue will give you the results of the Colonoscopy and a formal report will be sent to your family/referring doctor. This can take up to 2-3 weeks.
- It is illegal to drive a car or operate a machine for 24 hours after an anaesthetic. Ask your driver to come inside to collect you. A motor bike or a learner driver is not suitable as your driver.
- For your safety we require you have a responsible adult care for you for 24 hours postoperatively until the next day.
- You may return to work 24 hours after your colonoscopy.
- You may get a bloated feeling. Eat simple, low fat food afterwards.
- International travel should be avoided for two weeks following a colonoscopy, and domestic flights for 48 hours.
- If any pain persists after a Colonoscopy, or if there is something you feel is unusual, please contact Ulladulla Endoscopy and Medical, your local doctor or the nearest hospital for advice.  
Milton Ulladulla Hospital is at 106 Princes Highway, Milton. Their telephone number is 4454 9100.
- You may restart your medications as instructed by your Endoscopist or your Anaesthetist.

**EMERGENCY:** CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

## WHITE DIET INSTRUCTIONS:

### What you can eat

- Milk (regular, low fat, skim), cream.
- Regular white bread/toast, rice bubbles, white rice, regular pasta, potatoes (peeled), rice noodles, plain rice crackers, white flour, white sugar.
- Eggs, chicken breast (no skin), white fish fillet (no skin).
- Cheddar, ricotta, fetta, cottage, parmesan, mozzarella or cream cheese, white sauce.
- White chocolate, lollies or sweets, Vanilla ice cream, lemonade icy pole, clear jelly, custard.
- Any of the clear fluids from the "Clear Fluids Instructions" listed below.

### What you must **NOT** eat.

- Anything not listed above INCLUDING white foods such as pears, parsnip, cauliflower, onion, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn.

### A Sample White Diet menu.

#### Breakfast

- Glass of milk
- 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 with sliced chicken breast (no skin), cream cheese or mayonnaise
- White Chocolate or lollies/sweets

#### Afternoon Tea

- Plain vanilla yoghurt or Vanilla milkshake

#### Dinner

- White fish fillet (no skin) with white rice or mashed potato or
- Regular pasta with diced chicken breast (no skin) and parmesan cheese or
- Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken
- Glass of soda water
- Vanilla ice cream

## CLEAR FLUID INSTRUCTIONS:

### What you can drink (clear fluids only).

- Includes cordial, Gastrolyte, clear apple juice, Gatorade, green tea, black tea, black coffee, jelly, clear soup, such as chicken or beef stock, water and soft drink. You can make your own stock and drain off the solids.

**FEEDBACK:** At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on [admin@southmedical.com.au](mailto:admin@southmedical.com.au) or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

