

## COLONOSCOPY INSTRUCTIONS - WHITE DIET SPLIT PREP (PREP-KIT-C)

### BOWEL PREPARATION

- You will need to obtain "PREP-KIT-C". This is available at your local pharmacy without a prescription. This contains 2 x Picoprep sachets (make each in 250ml water) and 1 x Glycoprep-C sachet (make in 1L 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 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
- The night before your procedure take your usual dose of long acting insulin (eg Lantus) but half your dose of short acting insulin (eg Novorapid, Actrapid) and omit any doses of insulin on the morning of your procedure.
- Oral diabetic medications should be withheld on the day of the procedure. They may be recommenced after the procedure is complete. Some oral medications called SGLT2 inhibitors such as dapaglifozin, need to be ceased 3 days before your procedure. If you are unsure talk to your doctor.
- 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.
- For 3 days before the Colonoscopy: Avoid multigrain & wholegrain breads, bread rolls & high fibre breakfast cereals; also no brown rice, corn, popcorn, passion fruit, lentils, tomatoes. If you are usually constipated, DON'T STOP YOUR USUAL LAXATIVES.

### DIET INSTRUCTIONS THE DAY BEFORE YOUR COLONOSCOPY

- Follow the WHITE DIET all day until 2pm (Morning) & 8pm (Afternoon) (see instructions over page)
- After 2PM (Morning List) or 8PM (Afternoon List) 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), oral rehydration salts.

### BOWEL PREPARATION INSTRUCTIONS

MORNING COLONOSCOPY SCHEDULED		AFTERNOON COLONOSCOPY SCHEDULED	
THE DAY BEFORE		THE DAY BEFORE	
<b>2pm</b>	Cease white diet and continue CLEAR FLUIDS	<b>6pm</b>	Drink the first <b>Picoprep</b> sachet in 250ml water. Follow with at least 2 glasses of CLEAR FLUIDS
<b>6pm</b>	Drink the first <b>Picoprep</b> sachet in 250 ml water follow with at 2 glasses of CLEAR FLUID		
<b>8pm</b>	Drink the <b>Glycoprep – C</b> sachet in 1L water Drink 1 glass every 10-15 minutes until finished	<b>8pm</b>	Cease white diet and continue CLEAR FLUIDS  Drink the <b>Glycoprep – C</b> sachet in 1L water Drink 1 glass every 10-15 minutes until finished
ON THE DAY		ON THE DAY	
<b>4 hours before admit time</b>	Drink the last Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUID	<b>7am</b>	Drink the last Picoprep sachet in 250ml water Follow with at least 2 glasses of CLEAR FLUIDS
<b>FAST</b> (no more clear fluids) after your last dose of Picoprep and 2 glasses of clear fluids. You should be fasting for at least 2 hours before your admission time. Regular medications with a sip of water is OK. Do not take diabetes medications. Arrive at scheduled admission time.		<b>FAST from 9am</b> (no more clear fluids) 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. We try our best to get you home as soon as possible, but unexpected delays may occur.
- 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
  - It is recommended that you do not sign any legal documents until the following day

**If you have any questions about the information above or the bowel preparation instructions, please call Gastroenterology and Liver Department, Liverpool Hospital on 02 8738 4085.**

## WHITE DIET INSTRUCTIONS

### 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, rice bubbles cereal eggs
- White rice, regular pasta, potatoes (peeled), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin) , whiter 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 icy pole or a handful of "milk bottle" (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