

## PREPARATION FOR COLONOSCOPY

### THE WHITE DIET

The **White Diet** is a simple low residue diet which allows food to be eaten the day prior to colonoscopy without compromising the quality of the bowel preparation under normal circumstances.

#### WHITE DIET FOODS PERMITTED:

- Milk, plain yoghurt, margarine, butter, vanilla ice cream, white chocolate
- Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream
- Egg whites, mayonnaise, cream, white sauce
- White rice or pasta, potatoes (peeled)
- Rice Bubbles, regular white bread/toast, plain rice crackers
- Chicken breast (no skin), grilled white fish fillet

#### WHITE FOODS TO BE EXCLUDED:

Other white foods including

- *pears, parsnip, cauliflower, onion,*
- *high fibre white breads (e.g. Wonder White),*
- *Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn.*

#### WHITE DIET SAMPLE MENU PLAN:

**REMEMBER TO DRINK AT LEAST A GLASS OF APPROVED CLEAR FLUIDS\* EVERY HOUR**

<b>Breakfast:</b>	Rice Bubbles with milk and white sugar Regular white toast and scrambled egg – white only
<b>Morning Tea:</b>	Plain rice crackers with fetta cheese
<b>Lunch:</b>	Sliced chicken breast, butter, regular white bread sandwich White chocolate Freddo or Lemonade icy-pole
<b>Afternoon Tea:</b>	Plain vanilla yoghurt or vanilla milkshake
<b>Early Dinner:</b>	Plain grilled white fish, white sauce Boiled white rice or pasta or peeled potato Vanilla ice cream

#### **\*Approved Clear Fluids:**

- Water, clear salty fluids (e.g. clear broth),
- Clear fruit juices (e.g. apple and pear), plain jelly,
- Black tea or coffee (no milk),
- Sports drinks (Gatorade, PowerAde, and Hydralyte etc.),
- Carbonated beverages, barley sugar, clear fruit cordials
- Moderate alcohol is allowed.

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### 'GLYCOPREP KIT C' INSTRUCTION SHEET

You will need: **ONE Glycoprep-C 70g sachet** and **TWO Pico Prep 15.5g sachets**

#### **FOUR DAYS BEFORE THE PROCEDURE**

Stop oral iron supplements, but continue blood thinners unless specifically advised not to.

#### **TWO DAYS BEFORE THE PROCEDURE**

Start eating from 'The White Diet' – over page.

In the evening, make up the sachet of Glycoprep-C 70g with 1 litre of water, following the instructions on the packet. Chill in the refrigerator to make it easier to drink. You do not drink this until 8:00 pm the following day.

#### **ONE DAY BEFORE THE PROCEDURE**

During the day drink at least one glass of Approved Clear Fluids\* (plus preparation liquids) each hour until bedtime.

You may eat anything, in moderation, from 'The White Diet' until 5:00pm.

**6:00 pm**      **FIRST DOSE:** Add the entire contents of ONE sachet of Pico Prep to approx. 250 mls of water. Stir until fizzing ceases. Drink the mixture slowly but completely. This should be followed by adequate Approved Clear Fluids\* to maintain hydration.

**8:00 pm**      **SECOND DOSE:** Remove the made up Glycoprep-C from the fridge. Drink all of this solution over the next hour or so. If you feel nauseated slow down the rate. Follow up with Approved Clear Fluids\* (at least one glass an hour until bedtime) to maintain hydration.

#### **DAY OF PROCEDURE**

##### **4 HOURS BEFORE YOUR ADMISSION TIME:**

**THIRD DOSE:** Add the entire contents of ONE sachet of Pico Prep to approx. 250 mls of water. Stir until fizzing ceases. Drink the mixture slowly but completely.

Drink 200 mls of Approved Clear Fluids\* per hour, until TWO hours prior to your arrival time, then FAST.

**YOU MUST HAVE SOMEONE ACCOMPANY YOU HOME FROM THE PROCEDURE**