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Movicol/White Diet/Split Moviprep **BOWEL PREPARATION INSTRUCTION SHEET**

Morning procedure

Please read these instructions carefully at least 1 week prior to your procedures.
You will need to purchase **1 box of FOUR 'Moviprep' sachets & 8 Movicol sachets** from your pharmacy.

You will have to get up very early to complete the prep on the day of your procedures!

FOUR DAYS BEFORE THE EXAMINATION

Stop oral iron supplements, but continue blood thinners unless specifically advised not to.
Stop eating grains, pips, seeds and skins (eg tomato skins) and fibre supplements.
Start taking Movicol - one sachet twice daily

TWO DAYS BEFORE THE EXAMINATION

Start eating/drinking from 'The White Diet'

ONE DAY BEFORE THE EXAMINATION

You may eat/drink anything in moderate amount from 'THE WHITE DIET' list (on the back of this sheet) until 5pm, then only APPROVED CLEAR FLUIDS, the Moviprep, and any required medicines.

Dissolve the contents of both sachets of A and both sachets of B of Moviprep in two litres of water, and chill in refrigerator until required to drink. During the day drink at least one glass of APPROVED CLEAR FLUIDS list on the back of this sheet (plus preparation liquids) each hour until bedtime. Good hydration is critical!!

NO FOOD OR MILK AFTER 5PM!

6.00 pm 1.5 LITRES Drink 1.5 litres of Moviprep slowly but completely over an hour. This should be followed by adequate APPROVED CLEAR FLUIDS to maintain hydration, until you go to sleep.

DAY OF EXAMINATION (Set your alarm!)

4 HOURS BEFORE YOUR ADMISSION TIME

SECOND DOSE Drink the remaining 500ml of Moviprep completely within 30 minutes.

Drink 200ml of Approved Clear Fluids every hour until 2 hours before your arrival time, then **FAST**.

REMEMBER: You must FAST COMPLETELY for the TWO hours prior to your arrival time.

A RESPONSIBLE ADULT MUST ACCOMPANY YOU HOME FROM THE PROCEDURE
(this does not include taxi, uber, train or tram drivers)

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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. Moderate amounts of the following foods may be eaten until 5pm.

WHITE DIET FOODS PERMITTED (UNTIL BOWEL PREP STARTS):

- 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, peeled potatoes, tofu
- 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 (eg. Wonder White), 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

Breakfast:	Rice bubbles with Milk and white sugar Regular white toast and scrambled egg white only
Morning Tea:	Plain rice crackers with fetta cheese
Lunch:	Sliced chicken breast, butter, regular white bread sandwich White chocolate Freddo Frog or Lemonade icipole
Afternoon Tea:	Plain vanilla yoghurt or vanilla milkshake
Early Dinner	Plain grilled white fish fillet, white sauce Boiled white rice or pasta or peeled potato Vanilla ice cream

AFTER 5PM DRINK ONLY APPROVED CLEAR FLUIDS AND THE MOVIPREP

Approved Clear Fluids: Water, clear salty fluids (e.g. clear broth), clear fruit juices (eg apple and pear), plain jelly, black tea or coffee (no milk), sports drinks (Gatorade, Powerade, Hydralyte etc.), carbonated beverages, barley sugar, clear fruit cordials. Moderate alcohol is allowed, but can dehydrate.

**A RESPONSIBLE ADULT MUST ACCOMPANY YOU HOME FROM THE PROCEDURE
(this does not include taxi, uber, train or tram drivers)**

NOT ALLOWED

Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)

Casseroles or dishes containing vegetables

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Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions. Legumes, such as baked beans or kidney beans, lentils, barley, split peas. All fruit and vegetable skins and seeds

Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy. Fruit yoghurt, Jevity, Sustagen Hospital with fibre Nutrison Multi Fibre.

Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes

AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel

ALLOWED

Plain white bread / panini / English muffins white toast / French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice

Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion) Plain meat / steak and bacon pies, tofu, meat substitutes

Clear strained fruit juice (clear apple, clear

pear) strained vegetable juice (V8). Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham

All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard

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Vegemite, honey, cheese spread, fish and meat paste

Strained broths, clear soups, beef tea, soup cubes, Water include at least 6 – 8 glasses per day, Soda water, tea, coffee, Bonox, Bovril, cordial (no red or green cordial), Milo, Aktavite, Sustagen, Ensure, Digestilact, Water