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Preparation for Colonoscopy (Plenvu)

FIVE DAYS BEFORE THE PROCEDURE

Stop oral iron supplements.

Avoid **nuts, wholegrains and seeds.**

TWO DAYS BEFORE THE PROCEDURE

Start eating from '**The White Diet**' – please refer to the next page.

ONE DAY BEFORE THE PROCEDURE

During the day, drink at least one glass of Approved Clear Fluids* (please refer to the next page) each hour until bedtime, in addition to the preparation liquid.

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

14 HOUR BEFORE YOUR ADMISSION TIME

FIRST DOSE: Prepare Dose 1 (1 sachet) according to the leaflet in the Plenvu box. Drink the mixture slowly but completely. This should be followed by adequate Approved Clear Fluids* to maintain hydration.

DAY OF PROCEDURE

5 HOURS BEFORE YOUR ADMISSION TIME

SECOND DOSE: Prepare Dose 2 (2 sachets) according to the leaflet in the Plenvu box. Drink the mixture slowly but completely. Drink 200 mls of Approved Clear Fluids* until FOUR hours prior to your arrival time, then FAST.

YOU MUST HAVE SOMEONE ACCOMPANY YOU HOME FROM THE PROCEDURE.



THE WHITE DIET

The **White Diet** is a simple low residue diet which allows food to be eaten over 2 days prior to colonoscopy without compromising the quality of the bowel preparation.

White foods permitted	<ul style="list-style-type: none"> ● Milk, soy milk ● Milkshakes ● Yogurts (no fruits or syrups) ● Cream Soups ● Sour Cream ● Mayonnaise ● Butter / Margarine ● Cheese (all) ● White chocolates ● Vanilla ice cream ● Custard ● Tofu 	<ul style="list-style-type: none"> ● White rice, rice noodles ● Rice bubbles ● Rice crackers ● White bread / toast / bread rolls, muffins ● White curry ● Potatoes ● Regular/White pasta ● Eggs, (egg white only) ● Fish (incl. tuna, salmon) ● Chicken Breast (no skin) ● Pumpkin ● Bananas 	<ul style="list-style-type: none"> ● Water ● Gatorade (yellow in colour only) ● Lemonade ● Soft drinks (Lemonade or Lemon flavoured only) ● Tea / coffee ● White grape juice ● Apple Juice ● Icy pole (Lemonade or Lemon flavoured only) ● Salt, pepper, oils, cooking sauces
White foods to be EXCLUDED	<ul style="list-style-type: none"> ● Anything not listed above ● Other white coloured foods such as, pears, parsnip, cauliflower, onion, coconut, porridge, mushrooms, semolina, couscous, popcorn 		

***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.



White Diet Sample Plan

Breakfast

Rice Bubbles with milk and white sugar
Regular white toast and scrambled egg – egg white only

Morning Tea

Plain rice crackers with fetta cheese

Lunch

Sliced chicken breast, butter, regular white bread sandwich
White chocolate
Lemonade icy-pole

Afternoon Tea

Plain vanilla yoghurt or
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
Bowl of ice cream
Glass of soda water or lemonade

The below medications may need to be stopped before your procedure. Please discuss with Dr Oh.

Blood thinners	Diabetic medications	
apixaban (Eliquis) dabigatran (Pradaxa) rivaroxaban (Xarelto) clopidogrel (Plavix) warfarin	metformin (Diabex) gliclazide (Diamicron) dapagliflozin (Forxiga) empagliflozin (Jardiance) ertugliflozin (Steglatro) sitagliptin (Januvia)	dapagliflozin/metformin (Xigduo) empagliflozin/metformin (Jardiamet) ertugliflozin/metformin (Segluromet) empagliflozin/linagliptin (Glyxambi) dapagliflozin/saxagliptin (Qtern) ertugliflozin/sitagliptin (Steglujan) metformin/sitagliptin (Janumet) vidagliptin/metformin (Galvumet) any type of insulin