

DR JOHN GIBBONS
MBBS FRACP
DR KATE CAYZER
MBBS PhD FRACP
DR JILLIAN ROSENSTENGEL
MBBS FRACP
DR NICHOLAS TUTTICCI
BSc MBBS (Hons II) FRACP

FIVE DAY DIET INSTRUCTIONS

WITH EXTENDED 14 DAY SENOKOT AND MOVICOL

<p>APPOINTMENT DATE:</p> <p>TIME:</p> <p>PLEASE ARRIVE AT:</p>

FOR ALL BOOKINGS PHONE: 07 3820 4555

AFTER HOURS DOCTOR ON CALL: 07 3820 4555

IF YOU HAVE ANY CONCERNS REGARDING THE PREPARATION, PLEASE CONTACT THE UNIT AT THE LOCATION YOU ARE ATTENDING:

Eastern Endoscopy Centre,
120 Birkdale Road, BIRKDALE QLD 4159
Ph 07 3820 4555

Sunnybank Private Hospital, Day Surgery Unit
245 McCullough Street, SUNNYBANK QLD 4109
Ph 07 3344 9247

Mater Private Hospital Endoscopy Unit,
Vulture Street, SOUTH BRISBANE QLD 4101
Ph 07 3163 1044

FIVE (5) DAYS PRIOR TO PROCEDURE: LOW FIBRE DIET AND 14 DAY EXTRA PREPARATION

For a successful colonoscopy it is important that the bowels are thoroughly cleansed so that the lining is clearly seen. Poor preparation may result in the doctor being unable to examine the bowel properly and a repeat procedure may well be required. This low fibre diet reduces the amount of fibre in your colon to assist in achieving a thoroughly clean bowel. Please eat only what is indicated in the diet below. The extra MOVICOL AND SENOKOT TABLETS assist in this preparation. Avoid all fibre supplements e.g. – Metamucil, Benefiber, Psyllium, Normafibe etc.

FIVE DAYS PRIOR TO YOUR COLONOSCOPY COMMENCE A LOW FIBRE DIET- ANY FOODS NOT LISTED ARE NOT PERMITTED.

Bread and cereal:

Choose white bread, refined breakfast cereals (Cornflakes, Plain Special K, Rice Bubbles), cakes/biscuits made with white flour, rice cakes, white pasta or white rice.
Avoid – wholemeal, brown, rye bread and bread with seeds, wholegrain cereals, cakes and biscuits containing nuts, dried fruits, wholemeal flour and oatmeal, wholemeal pasta and rice.

Fruit and Vegetables:

Choose – only boiled or mashed potatoes, pumpkin, carrot, marrow, squash, asparagus tips, ripe avocado, ripe bananas, stewed apples, stewed pears and pawpaw. (NB Skins and seeds of these fruits and vegetables should not be eaten).
Avoid – all other fruit and vegetables including salad vegetables.

Meat, Dairy and Alternatives Group:

Choose – lean tender beef, veal, lamb, pork, poultry, fish, tofu and eggs.
Choose – small amounts of butter/margarine/cheese/plant-based cheese.
Avoid – fatty and fried meats, highly seasoned meats, seitan.

Beverages:

Choose – tea, coffee, water, plain milk drinks, plant-based milk, soft drinks, clear apple juice and clear soup. Alcohol is allowed if desired.
Avoid – unstrained fruit juices and flavoured milk shakes, red coloured drinks.

Sweets/Desserts:

Choose – jellies, sugar, golden syrup, honey, custard, yoghurt, plant-based custard and yoghurt.
Avoid – pies, quiches, pastry foods, jams, marmalade, peanut paste, dried fruit and nuts.

MOVICOL & SENOKOT INSTRUCTIONS:

Commence 14 days prior to colonoscopy on this date:

- **Senokot tablets:** 2 tablets in the morning and 2 tablets at night.
- **Movicol sachets:** 1 sachet dissolved in 125 ml water, taken each morning and night.

START LOW FIBRE DIET:

..... /..... **ALL DAY**

..... /..... **ALL DAY**

..... /..... **ALL DAY**

..... /..... **ALL DAY**

THE DAY BEFORE YOUR TEST:

..... /..... **UNTIL LUNCHTIME (No Movicol or Senokot today)**