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**FIVE DAY DIET**  
**WITH TWO DAY SENOKOT AND MOVICOL**  
**INSTRUCTIONS**

**APPOINTMENT DATE:** .....

**TIME:** .....

**PLEASE ARRIVE AT:** .....

**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 2 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:**

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

### **START LOW FIBRE DIET:**

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

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

..... /..... **ALL DAY (Movicol & Senokot morning and night)**

..... /..... **ALL DAY (Movicol & Senokot morning and night)**

### **THE DAY BEFORE YOUR TEST:**

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

# THE DAY PRIOR TO PROCEDURE

## THE LAST MEAL BEFORE YOUR TEST IS LUNCH NO LATER THAN 12 NOON

You can select foods from the following list only:

- **Clear soup** e.g., beef, bonox, chicken broth, vegemite in water, chicken noodle (strained); AND/OR
- **Two Sao biscuits** with butter, vegemite, or honey; AND/OR
- **Two slices of white bread or TOAST** with butter, vegemite, or honey; AND/OR
- **Jelly (AVOID RED JELLY).**
- **Water, clear apple juice, black tea/coffee, or soft drinks**
- **AVOID any red coloured beverages.**

**YOU ARE NOT TO HAVE ANY MILK OR SOLID FOOD AFTER THIS MEAL.**

**THERE IS NO DINNER ON THE EVENING PRIOR TO YOUR PROCEDURE.**

After LUNCH, **DRINK CLEAR FLUIDS ONLY UNTIL THREE (3) HOURS BEFORE YOUR TEST:**

A prepared electrolyte solution should be the main fluid during this period:  
**HYDRALITE, GATORADE, POWERADE OR HOME PREPARATION** of one litre of water mixed with 6 level teaspoons of sugar and half a level teaspoon of salt.

**Other fluids that can be consumed include:**

- water, black tea (including green and herbal tea), black coffee, **clear** apple juice, soft drink, cordial (avoid red coloured drinks)
- clear soup
- jelly avoiding RED coloured jelly.