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COLONOSCOPY INSTRUCTIONS for Morning Procedure (Split Dose PLENVU)

What is a colonoscopy? A colonoscopy enables your doctor to examine the lining of the colon (large bowel). Under sedation, a flexible tube is gently passed via the anus into the colon. A tissue biopsy may be taken, or polyps removed. Colonoscopy is the best test to assess for bowel polyps, inflammation or cancer.

Is Colonoscopy safe? Colonoscopy is a safe and well-tolerated procedure. You may feel temporary bloating following the procedure due to inflation of the bowel during the procedure. Occasionally there may be nausea or light-headedness following the anaesthetic. Serious complications are rare, but may include :

- > **Aspiration** - (stomach contents enter the lungs) < 1% cases
- > **Bleeding** - if a polyp is removed - this may occur up to 2 weeks following the procedure and rarely requires hospitalisation or further procedures to stop the bleeding; uncommon with most colonoscopy procedures <2% cases, very rare from biopsies
- > **Infection** - rare
- > **Perforation** (a hole in the bowel) which may require surgery - rare - less than 1 in 3000

What Bowel Preparation is required? For the procedure to be accurate, the colon must be completely clean. This is achieved by following the colonoscopy instructions you will be provided with. The Preparation will cause diarrhoea to clean the colon. You will need to purchase 1 **PLENVU Bowel Prep kit**, this is available to purchase without a script from your local pharmacy for approx \$20.

What happens afterwards? You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not be organised. You must not drive until the following day or longer if you drive a commercial licence.

You should contact Dr Derek Chen or your GP immediately if you experience any severe abdominal pain, vomiting blood, difficulty breathing, fevers / chills, or any other symptoms you are concerned about. Alternatively, present to the closest Emergency Department.

COLONOSCOPY INSTRUCTIONS (SPLIT DOSE PLENVU)

BOWEL PREPARATION

- You will need to purchase 1 "**PLENVU Bowel Prep Kit**" - this should be available at your local pharmacy for about \$20, otherwise ask your local pharmacy to order it in advance. It does not require a prescription.
- The preparation can be made up and chilled in the fridge for up to 6 hrs before drinking
- For a successful colonoscopy, it is very important that the large bowel is totally clean. Please follow the instructions carefully for the best possible results.

MEDICATIONS

- Stop iron tablets, Imodium and Gastrostop 7 days before the colonoscopy
- Blood thinning medications: Please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin. If you take the Oral Contraceptive Pill, you should use additional contraception for 7 days after the bowel preparation is commenced as absorption may be temporarily affected

**** If you are on a blood thinner such as Dabigatran (Pradaxa), Apixaban (Eliquis) or Rivaroxaban (Xarelto), you need to stop these 48 hrs before your procedure. You need to discuss with your GP whether it would be safe to stop it. If you are on warfarin, you may need to stop 5 days before your procedure. Please contact us if there are any doubts or concerns ****

DIET INSTRUCTIONS

THE DAY BEFORE YOUR COLONOSCOPY

- Follow the **WHITE DIET** all day until you start drinking **PLENVU** (see instructions over page)
- Once you start drinking PLENVU, only **CLEAR FLUIDS** are allowed until after your colonoscopy. **CLEAR FLUIDS** are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (eg. clear chicken broth)

BOWEL PREPARATION INSTRUCTIONS

The DAY BEFORE

6pm (approx) **Drink Dose 1 of PLENVU (mango flavour):** Mix the Dose 1 sachet with 500ml of water and stir for a few minutes until all dissolved
Drink **Dose 1** over 30 minutes
Follow with at least 500ml (2 large glasses) of CLEAR FLUIDS over the next 30 minutes. Continue to drink clear fluids till bed

9pm (approx) Drink **Dose 2 of PLENVU (fruit punch flavour):** Mix the **Dose 2 sachet A** + **Dose 2 sachet B** with 500ml of water and stir a few minutes until all dissolved. Drink this over 30 minutes
Follow with at least 500ml (2 large glasses) of CLEAR FLUIDS over the next 30 minutes.

Please continue to drink clear fluids until 2 hrs before admission to stay hydrated

ON THE DAY

2 hrs **FAST** (no more clear fluids or anything to drink)
before your You can take regular medication with a sip of water but do not take
admission time diabetes medication. Please arrive at the scheduled admission time

WHITE DIET INSTRUCTIONS

WHITE DIET FOOD ALLOWED

- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter & margarine, oil for cooking
 - White bread / toast, rice bubbles cereal, eggs
 - White rice, regular pasta, potatoes (peeled and mashed only), rice noodles
 - Rice crackers (plain), white flour, sugar
 - Chicken breast (no skin), white fish fillet (no skin)
 - Cheese: cream cheese / cheddar / ricotta / feta / cottage / mozzarella / parmesan
 - White chocolate, vanilla ice cream, lemonade ice-block or icy pole, custard
- CLEAR FLUIDS are allowed: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (eg. clear chicken broth)

Food NOT ALLOWED

- Anything not listed above
- Other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semonlina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN

Breakfast: Glass of milk
Rice bubbles with milk and white sugar
Scrambled eggs and white toast

Morning tea: Glass of Mineral water
Plain rice crackers with cheese

Lunch: Glass of lemonade
White bread sandwich with sliced chicken breast, cream cheese or mayonnaise
A white chocolate Freddo Frog or Lemonade icy pole or a handful of "milk bottles" lollies

Afternoon tea: Plain vanilla yoghurt
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.
Glass of soda water. Vanilla ice cream

If you have diabetes please inform your surgeon as soon as possible.

Pre-Surgery Information for Patients with Diabetes

If you are taking any of the following medications, contact your Surgeon / Anaesthetist immediately for instructions on withholding this medication, otherwise the following may occur:

- Your procedure may be cancelled or rescheduled
- You may become unwell
- You may require admission to the intensive care unit (ICU) for an intravenous insulin infusion.

- **Forxiga** (Dapagliflozin)
- **Xigduo** (Dapagliflozin and Metformin)
- **Qtern** (Dapagliflozin and Saxagliptin)
- **Jardiance** (Empagliflozin)
- **Jardiamet** (Empagliflozin and Metformin)
- **Glyxambi** (Empagliflozin and Linagliptin)
- **Steglatro** (Ertugliflozin)
- **Segluromet** (Ertugliflozin and Metformin)
- **Steglujan** (Ertugliflozin and Sitagliptin)

NOTE: These drugs are associated with a risk of Diabetic Ketoacidosis (DKA) if the person has been fasting, has undergone surgery, has a restricted dietary intake (carbohydrates in particular), undertaken bowel preparation for a procedure, is dehydrated or has an infection.



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Other Diabetes Medications and Insulin

- Seek advice from your surgeon or diabetes health professional prior to your surgery for any changes to your oral medications, non-insulin injections and insulin doses whilst fasting.
- It is advisable that patients requiring insulin do not drive themselves to hospital if they are fasting due to the risk of hypoglycaemia. Check your blood glucose levels every 2 hours on the morning of your procedure prior to arrival at the hospital.
- Make note of the insulin doses taken the day before and/or day of admission.

General Information

- To minimise the risk of wound infection post-surgery, blood glucose levels need to be within an optimum range. If your blood glucose levels have been unstable or your most recent HbA1c result was > 9.0%, organise a review with your GP, Endocrinologist or Diabetes Educator prior to admission.
- Bring with you to hospital your diabetes medications in their original packaging or an up to date list of medications.
- If you have a Continuous Subcutaneous Insulin Infusion Pump, please bring all the necessary supplies with you. The hospital does not supply consumables for pumps. Confirm with your admitting doctor if the pump will need to be detached for any investigation or procedures during admission.

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Published November 2022

St John of God Health Care Inc.

ARBN 051 960 911 ABN 21 930 207 958

SGHMHFLT0947 11/22

