

You will need to purchase the bowel preparation; ‘PLENVU’ from your local pharmacy the day prior to your colonoscopy

Frequently asked questions

What is a colonoscopy?

A colonoscopy is an exam used to detect changes or abnormalities in the large bowel (colon) and last part of the small bowel (ileum). During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the bottom. A tiny video camera at the tip of the tube allows views of the inside of the bowel.

If necessary, polyps or other types of abnormal tissue can be removed through the scope during a colonoscopy. Tissue samples (biopsies) can be taken during a colonoscopy as well.

What does it involve?

A colonoscopy involves undertaking a special diet and bowel preparation regimen leading up to the procedure. An anaesthetic doctor will ensure that you are asleep for the procedure and do not remember it. When you wake up you will be told the results of the colonoscopy (camera) findings. The samples (biopsies or polyps) will take about 1 week to be reported and you will be told of the results when they are available.

Why do I have to do a special diet and bowel preparation?

A good colonoscopy relies on being able to see the bowel wall clearly. The diet and a good bowel preparation will allow for this. If the bowel is not clean, areas of the bowel can be missed.

I am having difficulty tolerating the bowel preparation – what can I do?

You can try putting the PLENVU solution (once you have mixed it with water) in the fridge or drinking it through a straw. Drinking it over a longer period of time may also help.

Why do I have to fast?

This is to reduce the possibility of any food or drink going down the wrong way (into the lungs – also called an ‘aspiration’) whilst you are asleep (under anaesthetic).

How long does the procedure take?

A colonoscopy takes roughly 20 minutes, but every person is different.

Is Colonoscopy safe?

Colonoscopy is a safe and well tolerated procedure. Most of the time you will feel normal and be able to eat and drink whatever you would like. Some people have a small amount of gas pain after a colonoscopy – this is normal and will usually resolve on its own. If it persists beyond a few hours post procedure or you are worried you should seek medical attention.

Serious complications are rare, but may include:

- Aspiration - (stomach contents enter the lungs)
- Bleeding – serious complications are less than in in 1:1000
- Perforation (a hole in the bowel) which may require surgery is rare – less than 1:1000

For any questions please contact Dr Mogilevski on dr.tamara.mogilevski@protonmail.com or in case of urgent queries via Epworth Freemasons Hospital switchboard – 9418 8293

Colonoscopy Instruction Sheet – Morning procedure

Dr Tamara Mogilevski MBBS(hons) FRACP

- Missed polyp/cancer – although colonoscopy is the best test for excluding bowel cancer, it is not 100% perfect. New bowel preparations have made this risk lower in recent years.
- Death - is extremely rare, although it is a possible consequence of any medical procedure.

Please do not hesitate to ask if you would like to discuss any of these prior to your procedure.

Continue to page 3 for bowel preparation instructions

Diet Instructions for a Morning Colonoscopy

7 days before your colonoscopy

- Stop eating food containing seeds/grains including multigrain bread.
- Stop oral iron supplements but continue blood thinning medications unless specifically advised otherwise

The day before your colonoscopy

- Only eat foods from the White Diet instruction sheet (see next page). Have a White Diet breakfast, lunch and small early dinner. Do not eat your regular diet. The first dose of Plenvu needs to be taken at approximately 7pm the evening prior to the procedure.

Bowel Preparation Instructions for a Morning Colonoscopy

7 pm the night before your procedure	<ul style="list-style-type: none">- Drink dose 1 of PLENVU (mango flavour)- Mix the sachet with 500ml of water and stir until 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
3-4 hours before your admission time	<ul style="list-style-type: none">- Drink Dose 2 of PLENVU (fruit punch flavour)- Mix the dose 2 sachet A+ dose 2 sachet B with 500 mL water and stir until dissolved- Drink Dose 2 over 30 minutes- Follow with at least 500mL (two large glasses) of clear fluids over the next 30 minutes
2 hours before your admission time	<ul style="list-style-type: none">- FAST (No more clear fluids or anything to drink)- You can take regular medication with a sip of water but do not take diabetes medication- If you take blood thinning/diabetes medication, follow the instructions you have been given- Please arrive at the scheduled admission time

Examples of clear fluids are: black coffee/tea, water, soda water, cordial, sports drink, lemonade, apple juice (no pulp), clear soup (like chicken broth). Don't drink anything red, purple or blue.

The White Diet

White Diet Food Allowed

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

Food NOT Allowed

- Anything not listed above
- No fruit or vegetables.
- **No other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, corn mushrooms, semolina, couscous, popcorn**

WHITE DIET SAMPLE MENU PLAN

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

Morning Tea: Plain rice crackers with cheese

Lunch: Glass of lemonade or mineral water White bread sandwich with cheese or sliced chicken breast and mayonnaise A white chocolate or Lemonade icypole or a handful of “milk bottles” lollies

Afternoon : Plain vanilla or natural yogurt

Tea Early 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 or yoghurt

Dinner meal should be a small serve