

Suggested “Low Residue” Menu Plan only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than is normally recommended.


BREAKFAST	LUNCH /DINNER	SNACKS
Juice- apple, cranberry, pear, white grape Yoghurt (no fruit or nut topping) Small bowl Cornflakes or Rice Bubbles 2 eggs poached, boiled or scrambled Bacon, sausage Hash browns 1 slice white toast French toast, cinnamon sugar Plain mince, vegemite, honey Croissants- plain or ham and cheese Muffin - no fruit or nuts Crumpets and honey Pancakes with syrup Chocolate brioche Tea Coffee Water	Clear soups, broths, chicken noodle soup Fish, steak, chops, ham, chicken, turkey Potato or pumpkin (skinless), baked, steamed, mashed, potato salad Pasta carbonara or macaroni cheese (no tomato paste or bottled sauces) Sandwiches- white bread / roll, panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg Baked rice custard, chocolate mousse Plain ice-cream Water Soft drink Tea Coffee	Cheese and plain crackers Rice cakes, protein bars (no nuts) Ham quiche Parmesan cheese sticks Wedges with sour cream Cake based on white flour Biscuits based on white flour Chocolate biscuits – no nuts Cheesecake- no wholemeal crust Scones with honey Pikelets with lemon & sugar or honey Waffles with syrup Vanilla slice, Doughnut, Custard Danish or custard tart Meringue kisses Milkshakes, egg flips, protein shake Clear sports drinks, tea, iced tea Coffee, hot chocolate Plain / chocolate Sustagen Ensure, Digestelact, Water

Whilst on Clear Fluids you are allowed

Water, Black tea, Black coffee	Clear Soup – strain bits out before drinking Yellow or orange jelly
Cordial – orange or lemon NO red, green, purple or blue	Sports Drinks eg Gatorade or Powerade NO red, green, purple or blue
Fruit Juice- pulp free orange or clear apple	Beef tea eg Bovril, Bonox, Soup cubes eg stock cube in hot water

MOVIPREP® PREPARATION INSTRUCTIONS:

- Each Box of MOVIPREP® contains
 - 2 clear bags.
 - Each bag contains 2 sachets marked **A** and **B**.
- Open 1 clear bag and remove sachets A and B.
- Empty the contents of both sachets into an empty jug.
- Add water (not chilled) and make 1 Litre of solution.
- Stir the solution until the powder has dissolved and the MOVIPREP® solution is clear or slightly hazy. This may take up to 5mins. You may chill the MOVIPREP® before drinking.
- Have at least two (2) glassfuls (250 mL each) of CLEAR FLUIDS (as listed above) to drink with your MOVIPREP®. (Clear fluids are NOT mixed with the prep)



Note: Please read pack insert in product packaging before use.

MOVIPREP® ORANGE
 PEG + ASC (Macrogol 3350 + Sodium ascorbate + Ascorbic acid + Sodium sulfate + Electrolytes)

MOVIPREP®
 PEG + ASC (Macrogol 3350 + Sodium ascorbate + Ascorbic acid + Sodium sulfate + Electrolytes)

AS AN OUT-PATIENT



PATIENT NAME: _____

PROCEDURE DATE: _____

ADMISSION TIME: _____

NIL BY MOUTH (NOTHING TO EAT OR DRINK): _____

SPECIAL INSTRUCTIONS: _____

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS
 Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

MOVIPREP® - AS AN OUT-PATIENT

Preparing for your procedure

Your Doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally clean so the Doctor can see clearly. Before your examination your Doctor wants you to take MOVIPREP®. This product empties and cleans your bowel.

DO NOT take oral medication 1 hour either side of drinking your MOVIPREP®. Please follow instructions given by your Doctor or Nurse regarding medication.

Please READ this leaflet carefully and follow the instructions. If you have any questions please talk to your Doctor or Nurse. You will be helping make sure the examination goes well by following all instructions.

Inform your Nurse or Doctor IF YOU ARE PRONE TO CONSTIPATION and / or YOU USUALLY FOLLOW A HIGH FIBRE DIET:

You may be asked to take a laxative such as MOVICOL® to overcome the constipation. If you are asked to take MOVICOL®, the dose is 1 sachet daily. This may be increased to 2 - 3 sachets daily if required. If more than 1 sachet is required then the dose may be split (eg morning & night). MOVICOL® is available over the counter from pharmacy or via prescription from your doctor. Please follow any instructions given by your Nurse or Doctor.

Day: _____ Date: _____

3 Days Prior to your procedure, start a “low residue diet”

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.

AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	Plain white bread / panini /English muffins white toast / French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs sausages, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans lentils, barley, split peas All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear) strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Strained broths, clear soups, beef tea, soup cubes, Water include at least 6 - 8 glasses per day, Soda water, tea, coffee, Bonox, Bovril, cordial, Milo, Aktavite, Sustagen, Ensure, Digestelact

THE DAY BEFORE YOUR PROCEDURE. Day _____ Date _____

Follow the instructions appropriate to your procedure time

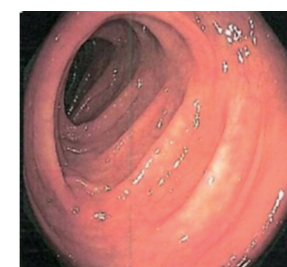
MORNING PROCEDURE	AFTERNOON PROCEDURE
On the day before your procedure you can have a Light Breakfast , still avoiding foods containing nuts, grains, skins, seeds or fibre	On the day before your procedure you can have a Light Breakfast and Light Lunch (before 1pm) still avoiding foods containing nuts, grains, skins, seeds or fibre
ONLY CLEAR FLUIDS FROM BREAKFAST UNTIL INSTRUCTED Refer to last page of this leaflet - Clear Fluids Table	ONLY CLEAR FLUIDS FROM LUNCH UNTIL INSTRUCTED Refer to last page of this leaflet - Clear Fluids Table
At 2pm prepare your first 1L of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from clear fluids table below. Full MOVIPREP® mixing instructions on Back Page	At 4pm prepare your first 1L of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from clear fluids table below. Full MOVIPREP® mixing instructions on Back Page
At 4pm start consuming your MOVIPREP®. Over the next 1.5 hours (90mins) drink the 1L of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS.	At 6pm start consuming your MOVIPREP®. Over the next 1.5 hours (90mins) drink the 1L of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS.
CONTINUE DRINKING CLEAR FLUIDS At 6pm prepare your second 1L of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on the back page.	CONTINUE DRINKING CLEAR FLUIDS Before going to bed prepare your second 1L of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on the back page.
At 9pm start consuming your second 1L of MOVIPREP®. Over the next 1.5 hours (90mins) drink the 1L of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS.	At 6am start consuming your second 1L of MOVIPREP®. Over the next 1.5 hours (90mins) drink the 1L of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but the clear fluids can be interspersed with the prep if preferred. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS.

This solution is designed to give you watery diarrhoea. Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer. Please check the toilet bowl to see whether this is happening. If required apply a water repellent cream (lanolin, Vaseline, Amolin) to your anal area once the diarrhoea commences.

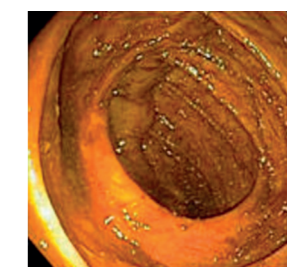
If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given.

You have now completed your preparation for your examination. It is important to consume **ONLY CLEAR FLUIDS** until otherwise instructed. Remember your **NIL by mouth time** (nothing to eat or drink). This is important for your procedure to be successful.

NIL by mouth from: _____



Excellent Bowel Preparation



Poor Bowel Preparation