



# Dr May Wong

MBBS MMed(Cli Epi) MRCP FRACP PhD  
**Gastroenterologist**  
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P 9051 2000  
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7 Westbourne St, North Shore Health Hub

## Information about your upcoming procedures

### 1. Financial Information

- The procedure will be billed “No Gap” for both the surgeon and the anaesthetist. An excess fee may be payable on the day depending on your fund arrangements
- You should check with your health fund that you are covered for the procedures prior to the procedure day. Item numbers 32222 (colonoscopy), 30473 (gastroscopy) and 32229 (colonoscopy with polypectomy)

### 2. You must arrange for someone to take you home due to administration of anaesthetic medications.

### 3. Preparation for the procedure

- If you are having a colonoscopy - review your **preparation instructions** carefully, and take your preparation.
- If **gastroscopy** only: No solids for 6 hours prior to your procedure. You can have water only up to 2 hours prior to your procedure

**Location of your procedure(s):**

**Date of your procedure(s):**

**Time of admission:** Hospital will call day before or \_\_\_\_\_

**The hospital will call you one day before (around 5pm) to confirm time of admission. Please fill out online admission form**

**North Shore Health Hub  
7 Westbourne Street  
St Leonards  
PH: 8425 4121  
Between North Shore Private and RNSH  
Drop off and Pick up via Westbourne street  
Use Tower Lifts A Arcadia Lift  
Push Podium Level (P Level) in the Lift**

**Mater  
25 Rocklands Rd  
North Sydney  
PH: 99007542 or 99007528  
Level 2 Endoscopy Unit**



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**Please read these instructions NOW, 7 days before and 2 days before**

**7 days before:**

- Stop iron tablets. If you are on blood thinners (Plavix, Warfarin, Eliquis, Pradaxa, Xarelto) or diabetic medications, we will need to make special arrangements

**2 days before:**

**Avoid Skin (Fruit and Vegetable), Seeds, Nuts, Grains, or Popcorn**

**Stick to a white diet:** White bread (no whole seeds), white rice, rice noodles, pasta, pita/turkish bread, english muffins, cornflakes, rice bubbles, lean white meat eg. chicken, fish, peeled fruit, peeled potato, mash potato, hot chips, crackers, eggs, butter/margarine, cheese, custard, vanilla ice-cream, white chocolate, cream soups,

**Avoid anything not white, and particularly foods high in fiber:** wholegrain bread, brown rice, cereals, onion, muesli, muesli bars, any nuts or food containing nuts, skin on fruits or vegetables, Also avoid corn, peas, strawberries, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt, fibre supplement.

## 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 icypole 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



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Buy 1 box (has 3 sachets)

NB If pharmacy does not have in stock, you can buy Moviprep instead

**CLEAR FLUIDS:** water, tea or coffee (No milk), clear soup/broth, soft drinks, sports drinks e.g. Gatorade, Powerade, cordial, fruit juice without pulp, clear apple juice, yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly), clear ice.

## 1 day before procedure:

**Only eat foods from the White Diet. Have a White diet breakfast, lunch and small early dinner (6pm). Do not eat your regular diet. Stop eating after 6pm and have clear liquids only until 2 hours before your admission time**

**If morning procedure; have your Picoprep the night before your procedure at 6pm, 8pm and 10pm**

At each interval dissolve one sachet of PICOPREP ORANGE in approximately 250ml (about one glass) of warm water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly through a straw over 5 to 10 minutes.

**Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 1 hour.**

**If afternoon procedure; have your Picoprep the day of your procedure at 7am, 8am and 10am**

**Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 1 hour**

At each interval dissolve one sachet of PICOPREP ORANGE in approximately 250ml (about one glass) of warm water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly through a straw over 5 to 10 minutes.

## On the day of your procedure:

Take your usual morning medications with a sip of water at **6 am**