

COLONOSCOPY PREPARATION

FIVE DAYS PRIOR TO EXAM

Stop any iron preparation.
Stop aspirin, NSAIDs, Pain Killers, and blood thinners.

IMPORTANT POINTS

Purchase the following medicines:
Two dose of Colonoscopy Solution of 45 ml each.
Sedation will be used during the procedure so bring someone along to drive you home.
On the day of examination take all your pills with sips of water except diuretic and diabetic pills.

DIET MODIFICATIONS

Drink only clear fluids from 24 hours before colonoscopy appointment. No solid food, milk or milk products should be taken.
Clear fluids include Water, clear fruit juices (apple, grape, orange etc.), 7-Up, Sprite, Bubble-Up, tea, and coffee (without milk).

DRUGS

24 hours before colonoscopy examination drink first bottle of colonoscopy solution (45 ml). After this you will have to drink one glass of water every 15 minutes for next one hour (total of 1000 ml of water).

If you feel nauseating, walk for few minutes.

Clear fluids could be taken as desired.

12 hours before colonoscopy take the second dose of colonoscopy solution as taken earlier followed by 1000 ml of water in next one hour.

NOTHING BY MOUTH

Nothing orally is allowed 4 hours prior of examination.

TEST RESULTS

Preliminary results will be discussed with you after procedure.

If biopsies are taken, the results will be discussed with you at the follow up visit usually 10-14 days later.