

PREPARATION PRIOR TO COLONOSCOPY

Poor bowel preparation has many negative effects on your colonoscopy. If the bowel is not clean, it may be necessary to repeat the procedure. In order to avoid this, the following instructions should be adhered to as closely as possible.

Week before:

- Iron containing tablets should not be taken for 7 days before the colonoscopy.
- If you suffer from constipation, you may need to take a laxative for several days before your procedure.
- If you are on an anti-coagulant drug, such as warfarin or Xarelto, please consult with Dr. Nel as to how you should take the drug before the procedure.

Two days before:

- Diet light in fibre and nothing containing seeds, nuts or food with skins e.g. grapes.

Day before your procedure:

- You should not eat anything solid on the day before your procedure.
- You are allowed clear fluids, clear soup (with solid bits strained out) and jelly. The more clear fluids that you drink the day before your procedure, the better. If you suffer from heart failure or kidney failure, please consult with Dr. Nel first.
- Examples of clear fluids include:
 - Black tea or coffee (you may add sugar or honey)
 - Sprite, Energade, Powerade, clear fruit juice (such as apple or grape juice)
- You will have been given a script for Picoprep x2 sachets. These should each be mixed in 250ml of water.
 - First 250ml to be taken at 8h00.
 - Second 250ml to be taken at 14h00.
 - Every hour after the Picoprep is taken you need to drink at least 250ml of fluid. A total of 1,5 litres should be taken in the 6 hours after each sachet.

Day of your procedure:

- You may take your regular medications up to 2 hours before the procedure, except for iron containing tablets, anti-coagulant and diabetic medications.
- You will not be allowed to drive after your procedure so you must make arrangements for transport home.