

GUIDELINES FOR YOUR COLONOSCOPY PROCEDURE

Date of Procedure:

Time of admission:

BEFORE YOUR PROCEDURE:

You need to get the procedure code and all relevant codes to get the procedure authorized with your medical aid before you come for your procedure. You can get these codes from us by contacting us.

ONE DAY BEFORE THE PROCEDURE:

Eat light meals during the day and food without seeds or pips up until 17h00(bread and soup with seeds like pumpkin or any other seeds must be avoid).

Drink only approved clear liquids (see list below) from 17h00 the day before procedure up until 6(six) hours before your admission. You need to stay well hydrated so keep lots of clear liquids on hand.

Clear fluids:

Water, black tea/coffee

Lemonade / Cream soda

Energade

Clear soup (Bovril/Chicken extract)

Yellow / Green Jelly without toppings

Clear Apple/Pear/Grape juice (no pulp)

INSTRUCTION FOR BOWEL PREPARATION (PLEASE READ CAREFULLY)

* Please follow instructions carefully. The success of your examination depends on the bowel being as clear as possible, otherwise the examination may need to be postponed and the preparation repeated.

* Bowel movements start within 2-3 hours after taking the first PicoPrep dose, and may continue intermittently for up to three hours after the last dose.

* PicoPrep produces watery stools up to the point where stools will become colorless with no solid matter.

YOU HAVE THREE SACHETS PICOPREP:

* Drink 17h00 the day before the procedure your first sachet.

* Drink 20h00 the day before the procedure your second sachet.

* Drink 08h00 the day of the procedure your third sachet.

How to mix the PicoPrep:

Mix one sachet PicoPrep in 250ml warm water. Cool with ice to chill and drink followed by another glass of water.

Tips for the Prep:

To reduce any anal discomfort you can use adult wet wipes or a water spray to clean off instead of toilet paper.

Drink at least one glass of water per hour.

It is advisable to stay close to a toilet once you've started your prep.

ON THE DAY OF THE PROCEDURE:

Please report at the hospital reception at the time allocated for you. Please bring along Medical Aid Card, ID Book and Authorization number.

There will be a waiting period before your procedure and we ask you to please be patient.

We advise you to bring along a book.

There will be an Anesthetist present and you will be charged for the sedation given to you.

You will be discharged after the procedure and a follow up appointment must be arranged for you in 2 days time for feedback on procedure.

SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY AND DRIVE YOU HOME AFTER THE PROCEDURE.

If in any doubt contact the doctor's office.