Instructions for Colonoscopy

Miðstöð meltingarlækninga, 3th. floor (new building) Læknastöðinni Glæsibæ
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Preparation for COLONOSCOPY using PICOPREP / CITRAFLEET

(Can be bought in pharmacy without prescription)

- Follow our instructions (see below) not the instructions from the package.
- In most Colonoscopies, people choose to have pre- medication. After giving pre- medication it is not permitted to drive cars or any other epuipment upto 6 hours.
- There is a video about Colonoscopy on the internet. Open www.google.com and write:"Ristilspeglun"

ONE WEEK BEFORE THE COLONOSCOPY	Avoid fibers and seeds (multigrain bread). If using Ferritin-tablets, stop taking them until after the Colonoscopy. If on anti-coagulant medication: Kovar, Warfarin, Plavix, Gerpid, Clopidogrel, Xarelto,Brilique, Eliquis or Pradaxa. Contact us or your doctor. Sometimes you have to stop taking the anti-coagulant.
TWO DAYS BEFORE THE COLONOSCOPY	Clear liquid diet. (refere to the list for clear liquid diet) • **Drink at least 2 liters pr. 24 hours.** • **It is important to drink liquid that contains sugar and salt.** • **Avoid drinking water only.**
THE DAY BEFORE THE COLONOSCOPY	Clear liquid diet. • **At 18.00 hours, start drinking PICOPREP/CITRAFLEET (instructions below).** • **Drink at least 2 liters of clear liquid next 2 hours.** • **It can take the solution 1 – 6 hours to react.**
THE DAY OF THE COLONOSCOPY	• **5 hours before the Colonoscopy drink the second portion of PICOPREP/CITRAFLEET.** • **Drink at least 2 liters of clear liquid next 2 hours.** • **Refere to the list for clear liquid diet** • **Remember: Avoid drinking water only.** Clear liquit diet until 2 hours before the Colonascopy. Then stop all intake. If also having Gastroscopy the same day, stop all intake 3 hours before the Gastroscopy.

PREPARATION OF PICOPREP/CITRAFLEET:

1. Fill one cup of water (150 ml).
2. Pour the powder into the water (one portion each time)
3. Mix the solution for 2-3 minutes. Or until the solution is clear.
   Drink the solution within 15 minutes.
4. **Drink at least 2 liters of clear liquid after each portion of Picoprep/Citrafleet.**

It is necessary to apply water- recistant cream like A+D to prevent any discomfort around the anus.

It is important to walk around after drinking the solution, it helps the bowel evacuation.

No consumpsion of milk products during the preparation.

Clear liquid diet:

- Clear chicken and vegatable soups, (filter before drinking).
- Clear bullion soups.
- Clear fruit-juices.
- Soda drinks with sugar for the energy.
- Clear energy-drinks.
- Popsicles (withour chocholate).
- Pilsner bear, malt extract.
- Tea,coffie without milk (may use honey or sugar).

If you need more information you can contact us Monday through Friday from kl. 08.00 - 16.00. Tel. 535 6800

Good Luck
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