

PREPARATION FOR COLONOSCOPY OR SIGMOIDEOSCOPY

*Appointment for colonoscopy / sigmoideoscopy not cancelled within **48 hours** in advance will be assessed with 75% of current price. Cancellations must be made on business days Monday to Friday .*

Bowel preparation

- PICO-PREP © (lemon flavour) or CITRAFLEET © (orange flavour) available at pharmacies. If examination **before 13.00**: take PICO-PREP© or CITRAFLEET © at 07.00 and 19.00 the day before the examination.

If examination **after 13.00**: take PICO-PREP© or CITRAFLEET © at 19.00 the night before the examination and at 07.00 day of the examination.

- The last 5 days prior to the examination, you should avoid iron tablets, flaxseed, grapes and other foods that contain whole grains / seeds. This includes bread with whole grains / seeds.

- The day before the examination and the day of the examination, you should only drink clear liquids.

Clear liquids are: water, sports drink, Farris, Solo, clear stock, juices without pulp, fruit juice, separated clear soup, black coffee and tea.

Avoid cola, milk, black currant and blueberry juice.

All the liquid you drink helps to flush the colon. Therefore it is important to drink plenty the day before and day of the examination (although the leaflet from the manufacturer of PICO-PREP © or CITRAFLEET© says otherwise)

IMPORTANT!

1. If you have heart failure or kidney failure, you should contact Gastro lab, Volvat for consideration of other kinds of bowel preparation.

2. Blood thinning agents.

- Albyl-e, Aspirin, other medication containing salicylic acid, or any other blood-thinning agents should not be used the last 3 days before the examination.

- If you take Warfarin (Marevan), INR should be 2.0 or less the day of the examination. You must stop taking Warfarin 3 days before the examination, and attend the laboratory for an INR 30 minutes before the examination.

3. Anyone who has operated a new heart valve or has major calcifications of a heart valve, should meet 1 hour before the the examination for prophylactic antibiotic treatment.

With kind regards. Gastro. Lab / Medical ward. Phone: 22 95 76 21