

## PREPARATION FOR COLONOSCOPY OR SIGMOIDOSCOPY

*Appointment for colonoscopy / sigmoidoscopy 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 12.00**: take PICO-PREP© or CITRAFLEET © at 08.00 and 17.00 the day before the examination.

If examination **after/or 12.00**: take PICO-PREP© or CITRAFLEET © at 17.00 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 milk, black currant and blueberry juice.

If your appointment is after 12:00 o'clock, you may eat breakfast the day before the examination.

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!**

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.

If you the last 12 months have been hospitalised or have been working in a health institution outside Scandinavia or within Scandinavia in which there has been a MRSA outbreak, you must let us know prior to the examination.

With kind regards

Gastro. Lab / Medical ward.

Phone: 22 95 76 21