



COLONOSCOPY

'Colonoscopy' is a visual examination of the lining of your large intestine (colon). A long, flexible camera is inserted through the rectum and passed along the colon to check for abnormalities. During the examination tiny tissue samples ('biopsies') can be taken for laboratory analysis, and polyps (abnormal growths of tissue) can be removed- these procedures are both painless.

It is very important the colon be completely cleaned prior to colonoscopy to allow your physician a clear view of the intestines. If the colon is not clean, procedure has to be repeated as per the physician's instructions.

PREPARATION INSTRUCTIONS

- Take the laxatives you have been prescribed according to the direction below; you should consume all of the medicine
- If scheduled for Colonoscopy you can have water until **3 HOURS** before the procedure.

➤ **PROCEDURE DATE:** _____ **TIME:** _____

➤ Arrive 1 hour before the procedure at **Patient Business Services at:** _____
(located at the **American Hospital Bed Tower Building Ground floor**).

If Scheduled for a Morning Procedure:

- **Clear Liquid Diet** (see Box) **AFTER light breakfast (no later than 08:30am 1 days before the procedure)**
- Take **3 Dulcolax tablets 1 day before the procedure at 1200noon**
- **At 6pm** 1 day before procedure, make up your first liter of **Moviprep** (sachet A and B) and drink it over 1-2 hours. It is important to drink an additional 500ml to 1000ml of water or clear liquid.
- Make up your second liter of **Moviprep** (sachet A and B) at **4 hours prior to the procedure** at _____ and drink it in an hour
- Take **4 Salinal tablets 3 hours prior to the procedure** at _____

Allowed

Water, clear broth/ bullion,
Tea (no milk) sprite/ 7up,
Apple juice, Gatorade (not red color),
Jello (not red color)

Not Allowed

Coffee, milk, dark or red color drinks,
any solid food, creamy soups, yogurt
Also no nuts or seeds for 3 days
before procedure

If Scheduled for a Afternoon Procedure:

- **Clear Liquid Diet** (see Box) **AFTER light lunch (no later than 12:00pm 1 day before the procedure)**
- **3 Dulcolax tablets 1 day before the procedure at 1200noon**
- **At 6pm** 1 day before procedure, make up your first liter of **Moviprep** (sachet A and B) and drink it over 1-2 hours. It is important to drink an additional 500ml to 1000ml of water or clear liquid.
- Make up your second liter of **Moviprep** (sachet A and B) and **4 hours prior to procedure** at _____ and drink it in an hour
- Take **4 Salinal tablets 3 hours prior to the procedure** at _____