



RAK HOSPITAL

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INSTRUCTIONS FOR PREPARATION FOR COLONOSCOPY



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Instructions for preparation for colonoscopy

Once the date of colonoscopy is decided, you will need to clean your colon (bowel) the day before the procedure. Your gastroenterologist would have explained the preparation and the procedure when you met him.

- ▶ At least 2 days before your colonoscopy, have the prescriptions from your physician for the bowel preparation solution collected.
- ▶ You might have to stop taking certain medications prior to the procedure. Please check with your physician when you plan your colonoscopy.
- ▶ Insulin or diabetes pills: please check with the physician who monitors your glucose levels. Your insulin dosage may need to be adjusted due to the dietary restrictions required for bowel preparation. Please bring your diabetes and blood pressure medications with you on the day of your procedure.
- ▶ Inform your gastroenterologist if you are using blood thinners, such as Aspirin, warfarin/Coumadin, Plavix, Xarelto, Pradaxa and so on.

Your colon must be empty so that your doctor can clearly see the colon

- ▶ It is necessary to thoroughly cleanse your colon (bowel) prior to colonoscopy.
- ▶ This decreases the chances of missing pathology and may reduce the duration of the procedure.

Please follow the instructions exactly as advised in order for the colonoscopy procedure to be successful.

As you prepare for your colonoscopy, your bowl needs to be as clean as possible. Eating only low-fiber foods (or low residue diet) for three to five days before your colonoscopy makes your bowel preparation easier by limiting the amount of undigested food.

- ▶ **Things that you can eat include;** white rice, bread, and pasta, skinless potatoes, fruits without skin, yogurt, milk, cooked and skinless vegetables, chicken and fish
- ▶ **Things that you cannot eat include;** brown rice, brown bread, brown pasta and pastries, red meat, nuts, seeds, legumes, sauces, salads, fried food, desserts, heavy or fried meals

ONE DAY BEFORE YOUR COLONOSCOPY

- ▶ Prior to 8:00 am you can have a light breakfast consisting of 2 slices of white bread and a boiled egg/cheese/milk
- ▶ Do NOT eat any solid foods starting at 8:00 am the day before your colonoscopy
- ▶ Start a clear liquid only diet. Drink plenty of water during the day.
- ▶ Clear liquids are liquids you can see light through, such as water, apple juice, lemonade, clear soup/ broth, tea/coffee (without milk).



- ▶ Do not drink anything that is red or purple.



- ▶ Do not drink milk, milk products or creamers.



You will start your bowel cleaning by 4 pm on the day before your colonoscopy

- ▶ You should have the bowel preparation medicine with you as advised by your gastroenterologist.

- ▶ You should continue to drink water till 4 hours before you come to the hospital for your procedure to prevent dehydration and allow the preparation to cleanse your colon.



THE DAY OF YOUR COLONOSCOPY

- ▶ Please stop drinking water four hours before your arrival to the hospital. But you can take your any prescribed medications in the morning with a sip of water.
- ▶ Please arrange to have an adult caregiver or family member take you home after the procedure as you may still have some effects from the medication, including faint feeling, nausea or poor memory. You should not be driving till the next morning after the procedure.

If you have any questions about the procedure or preparation for the procedure, please call 072074444:
Monday through Friday, from 8:00 am to 5:00 pm