

Appointment for procedure: Time:

Bowel preparation for Colonoscopy:

For a successful colonoscopy, the bowel preparation is essential! The quality of the procedure depends mostly on the accuracy how clean the bowel is. *If the preparation is poor, the exam may not be conclusive and need to be repeated.* Thus, your collaboration is important and the following instruction give you a step by step guide to prepare your bowel for your procedure.

Diet 3 days before the procedure:

Three days afore the exam it is crucial to follow a diet without fibers. Therefore, we recommend the following nutrition:

- **Recommended food:**
Low/no fiber diet like pasta (noodles), rice, white meet (poultry), fish, eggs, potatoes, tea, fruit juices without pulp, bouillon, sieved cleared soups, white bread, cookies, soft drinks, coffee, etc
- **To avoid:**
Vegetables, fruits (especially with seeds like kiwi, grapes, watermelon, honey melon, tomato, etc). Additionally, to avoid are wholegrain bread or pasta

Diet and bowel preparation the day before the procedure:

- Make breakfast the day before colonoscopy with recommended food like tea, coffee, fruit juice without pulp, white bread, cookies, low fat yogurt!
- Avoid whole grain cereals, nuts, marmalade with seeds, etc

Meals after breakfast are to be clear fluids only! You are not allowed to eat solid food!

- **Preparation with PICOPREP®**
Prepare the Picoprep solution by dissolving the content of each sachet separately in a glass of water (+/- 150 ml). Mix the solution for 2-3 minutes. It can be that the solution heads up while it dissolves, so wait until it cools down or put it in the fridge.
Drink the first dose at 2.00 pm (14.00) and the second dose at 5.00 pm (17.00) the day before procedure. After each dose of Picoprep drink 1.5 – 2 liters of clear liquids within 2-3 hours. Be aware that you need to have access to a toilet/WC. In some person the laxative effect starts only after several hours of the second dose! If the evacuations after the 2 doses and 4 liters of liquids are still not clear keep on drinking liquids (+/- 2 more liters). This may happen in person with constipation. The bowel preparation is ideal if the evacuations re clear/yellowish liquids without solid stool.

Some person may feel nausea/sickness or even vomiting during the bowel preparation (often due to the volume of liquids). You can reduce this problem in either drinking cold liquids, slow assumption (over more hours) or taking antiemetic drugs like Motilium® (Domperidone).

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The day of procedure you cannot eat any food and should not drink ANY type of liquid at least 4 hours before the procedure. A drop of water for taking your normal medication is permitted. The morning of the procedure, you should take all your normal medication (e.g. for hypertension, etc). In some cases, your doctor should discuss with the specialist/gastroenterologist the suspension of anticoagulants (blood thinners) or insuline.

You should come to the procedure accompanied or with public transportation because after the colonoscopy with sedation you are not allowed to drive for 12h

Read carefully the package leaflet of Picoprep.

If you have any further question, do not hesitate calling the ambulatory of doctor F. Bihl