



Preparation for the colonoscopy

PLEASE READ THIS DOCUMENT UPON RECEPTION TO BE PREPARED CORRECTLY. DO NOT WAIT TO THE LAST MINUTE!!!

The essentials (but read the whole document!) :

- **Pick up the prep kit at the pharmacy in advance (prescription enclosed)**
- **Check with your doctor or with us if you take drugs that should be stopped in advance**
- **Start your diet 5 days in advance to the exam and be strict 3 days prior to it**
- **Stay absolutely fasted 3 hours prior to the exam (for safe sedation and exam)**

Introduction:

A colonoscopy is a visual inspection of the intestine by the introduction in the anus of a flexible tube to examine the colon (large bowel) and the lower end of the small intestine (ileum). It is performed by a physician specially trained in this technique and with the help of a specialized assistant. This procedure can only be done safely and with a full benefit to you if your bowels are totally empty. Thus, the preparation procedure described below is critical and must be followed carefully.

Additional information about the procedure, its risks and alternatives are described in the informed consent document, also sent to you.

Preparation procedure:

What is the principle of the bowel preparation?

There are 2 phases: Phase 1 is to follow a diet restricted in residues to diminish the bowel content to ease the phase 2, which consists in drinking the bowel preparation on the eve and/or the morning of the colonoscopy. To do that properly, please follow the instructions below.

Diet starts 5 days before the colonoscopy:

Starting 5 days prior to the exam, you should avoid foods that contain small seeds such whole breads, cereals, muesli, kiwis, tomatoes, grape, cucumbers and others. If you take iron supplements, this is also the time to stop them. **It is also the time to go to your pharmacy to pick up the Picoprep bowel preparation with the enclosed prescription.**

Only if you are constipated or weight over 80kgs, use the Prontolax tablets as indicated, but stop if you experience too much diarrhea.

An automatic reminder SMS will be sent to you 4 days prior to the colonoscopy. You can't respond to this SMS, in particular the colonoscopy can't be cancelled by this channel.

Diet is strict for the last 3 days prior to the examination:

You must follow a strict diet without residues. This diet means to avoid completely all fruits, any kind of nuts, salads and vegetables (such as tomatoes, peppers, asparagus, leeks, onions, lenses or beans, mushrooms and all others) as well as red meats.

Authorized foods are: dairy products, potatoes, pastas, polenta, well-cooked white rice, white meats (chicken, turkey, veal, porc), eggs, fishes, sea foods, white bread, toasts, seedless cookies or chocolate, tea, coffee, fruit juices without pulp.



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The evening preceding the examination you should cleanse your bowels :

Follow the same no residue diet for breakfast and lunch. The last light meal should be at least 1 hour prior to start the bowel cleansing.

Bowel cleansing using Picoprep: You received with this information sheet a prescription for Picoprep that you picked up at a pharmacy. The Picoprep package contains 2 sachets of powder. Dilute the content of each sachet in 150 ml (one glass) of tap water (per the suppliers' instructions). You can cool it down with a few ice cubes or in the refrigerator for a while. Follow the table below to determine when to start your preparation and when to stop taking fluids per mouth before the exam.

Appointment time of the colonoscopy (on the next day)	Time of the 1st Picoprep dose	Drink 5 times 250ml of clear fluids	Time of the 2nd Picoprep dose	Drink 5 times 250ml of clear fluids	Time to fast (no food, no drinks)
7.30 to 9.45 am	4.00 pm	4 to 8 pm	8.00 pm	8 to 10 pm	3 hours prior to colonoscopy appointment time
10.00 to 11.30 am	6.00 pm	6 to 10 pm	5.00 am	5 to 7 am	
1.00pm to 4 pm	6.00 pm	6 to 10 pm	8.00 am	8 to 10 am	

Picoprep is a purgative!! Stay close to a bathroom once you have started ingesting this product !

The preparation cleans the bowel but does not hydrate your body. Thus, keep drinking clear liquids up to 3 hours prior to the colonoscopy, to maintain your hydration, during this pre-examination phase.

Steps on the morning of the examination:

Remember to come fasted 3 hours prior to your exam. This means no solid foods AND no drinks in the last 3 hours, regardless of other instructions (especially from the Picoprep insert). This fasted period is required for a safe sedation and not only for the bowel prep. Do not even have a coffee!

You should take your usual morning medicines, except those stopped by your doctor or by us in preparation of the colonoscopy (see above). The medications should be taken with a sip of water. The drugs usually stopped by doctor's agreement usually include insulin, oral antidiabetics and the blood thinners).

Make transport arrangements so you do not need to drive on the way back from the colonoscopy. Arrange for a person to drive you or use public transportation or taxi. Driving is risky and illegal under the influence of sedatives and may result in serious insurance problems in case of accident.

What happens after the examination?

Depending of the type of procedure, surveillance after the examination will be necessary for approximately 1 hour. The type and duration of follow up will depend upon the results of the examination and will be communicated to you by the doctor who has performed the examination.

If you still have questions?

The doctor will answer gladly all your questions during the interview just before the examination. In case of doubt, please contact our practice at the phone number or e-mail addresses displayed on the bottom of this letterhead.