

Colonoscopy

Colonoscopy is a procedure used to examine the large intestines. The procedure is carried out using a thin flexible tube with a camera at the tip, which allows for collection of biopsies and removal of polyps. During the colonoscopy, inflation of air is required to gently unfold and thus improve visibility of the bowel. Most of this air will be removed at the end of the procedure. The procedure is helpful in providing information about changes in the large intestine, such as infection, polyps, diverticulitis or cancer.

Before the procedure

If you are taking a blood thinning medication, or anticoagulant, you should inform the clinic as it may need to be stopped prior to the colonoscopy. Please also inform the clinic if you have a pacemaker.

The procedure

You will be lying down on your left side. The procedure can cause some discomfort and pain due to instrumentation of the large intestine. Commonly you will be given pain medication and sedation. The procedure takes approximately 20-45 minutes.

After the procedure

If you do not receive any intravenous medication during the course of the procedure, you may choose to go to work afterwards. Some people prefer to take the day off to rest. If you receive any pain or sedative medications – **you should not drive or bicycle on the same day**, but you can use public transport to get home.

Potential complications

You may experience some blood in the stools the day following the procedure if a biopsy is taken. In very rare cases, heavy bleeding or perforation of the large intestine can occur after polyp removal, requiring admission to the hospital.

Seek a doctor: If you experience bleeding, pain or fever after polyp removal, contact your clinic, doctor or nearest emergency department immediately.

Preparing the large intestines with Picoprep

You are having a colonoscopy. It is important that the large intestines are clean to achieve the best results from the procedure. Please follow the instructions below. **It is important to follow these instructions and not the ones on the box.** Contact us if you have kidney disease, as you will need another preparation for bowel cleaning.

THREE DAYS BEFORE THE PROCEDURE

Avoid eating bread with grains and seeds if possible. Do not take iron tablets. It is best to take a light diet and drink two to three liters of fluids per day.

THE DAY BEFORE THE PROCEDURE

Eat light foods for breakfast and lunch.

Drink only clear fluids after lunch. Various different fluids are fine to drink, for example apple/orange juice (no pulp), coffee/tea, syrups or cordials, soda (with sugar), broth (without solids). Do not drink any milk products.

- 4 pm **Take the first sachet of PICOPREP and drink 1½ liter clear fluids**
- 10 pm **Take the second sachet of PICOPREP and drink 1½ liter clear fluids**

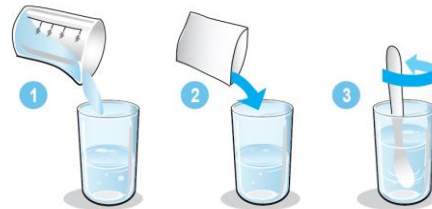
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THE DAY OF THE PROCEDURE

You should not eat on the day of the procedure, but it is important to continue to drink clear fluids.

HOW TO MIX PICOPREP

1. Take a glass with 1.5 dl **cold** water.
2. Pour the powder from one sachet into the water.
3. Mix it for two to three minutes.
When it stops fizzing, the mixture is ready.
Drink the mixture, preferably within 15 minutes.
Drink a minimum of 1½ liters of clear fluids during the next 2-4 hours.



The effects of the medicine start after one to three hours. Please ensure that you are near a toilet.

**It is important to drink a lot of fluids for the contents of the bowel to be cleaned out.
Drink a minimum of 1½ liters of clear fluids after each sachet of PICOPREP - spread out over several hours.**

Various different fluids are fine to drink, for example apple/orange juice (no pulp), coffee/tea, syrups or cordials, soda (with sugar), broth (without solids). Do **not** drink any milk products.

The stools should be **watery** to ensure that the bowel is adequately prepared for the procedure.
If this is not the case, please drink more clear fluids.

Fluid intake after first sachet:	Fluid intake after second sachet:																																				
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