

Name: _____ Id. no. _____

Date of Examination _____ Time: _____

We will try to admit you at the scheduled time but due to constraints caused by urgent hospital matters, there may be a change in the time of the examination.

Instructions for Colonoscopy – Preparation with Picosalax for examination during morning hours (until 13:00)

The examination takes approximately 30 minutes and is performed using a flexible fiber-optic tube covered by plastic material. The instrument is inserted through the anus which enables the physician to examine the large intestine. In addition, the examination allows procedures to be administered, such as excision of polyps or taking samples for biopsy from an area where disease is suspected. The examination is performed under sedation.

The examination is performed only after receiving written consent from the patient.

You must carefully prepare for this examination. Consequently, you must drink a solution of Picosalax (a laxative) and avoid certain foods according to the attached instructions. If you are being treated for diabetes, consult with the physician treating the diabetes, in order to receive instructions regarding preparation for the examination and regarding taking medications for diabetes on the day of the examination.

If you suffer from sleep apnea and use a BiPAP or CPAP machine, bring the machine with you to the examination.

Do not bring jewelry or valuables with you to the examination.

You must inform your gastroenterologist about any change in your health status which might occur in the period between the day you consulted with a gastroenterologist and the day of your examination.

Preparation for the examination:

Seven days before the examination: stop taking tablets containing iron.

You may continue aspirin. Decision to stop Ticlidil and Plavix is done on individual basis by your gastroenterologist and cardiologist. (If you continue to take them it may raise the risk of bleeding in the event of polyp excision) You should receive detailed instruction about discontinuation of Coumadin or Pradaxa from gastroenterologist

If you suffer from chronic constipation and take laxatives, continue taking them.

Two days prior to the examination: (after breakfast):

1. Stop eating fruits and vegetables, pumpernickel, whole wheat bread, bran and meat.
2. You may eat dairy products, white bread, jelly [Jello] (not red), eggs, clear broth, fish, clear fruit and vegetable juices. Drink as much as possible.



After dinner, take 2 Laxadin tablets.

One day prior to the examination (after breakfast): Move over to a clear liquid diet, including soft eggs, clear broth and jelly [Jello] (not red). Drink plenty of clear fluids;

Preparation of Picosalax:

Dissolve the contents of one sachet in a large cup of cold water. Mix for **2-3** minutes, until all the powder is dissolved. If the solution heats up, wait until it cools down before drinking. This solution tastes like bitter lemon and may be sweetened with sugar or Sucrazit (an artificial sweetener).

At 12:00: drink the first dose of **Picosalax followed by** at least 10 glasses of clear liquid (water, clear juice, broth) during 3-4 hours. Take an additional 2 **Laxadin** tablets.

At 20:00: drink the second dose of **Picosalax, again followed by at least** 10 glasses of clear liquid (water, clear juice, broth) during 3-4 hours.

On the day of the examination: you may drink clear liquids, without milk, such as: clear juice, clear broth and light tea up to 3 hours before the examination.

Two hours before the examination: you must administer yourself an **EASY GO enema. The enema is administered while lying on your left side.**

Please bring Form 17 code 69023 (Ministry of Health code L5378)

Since you will be receiving a sedative, you must arrive accompanied by someone and driving is prohibited until the day after the examination.

For additional information and to reschedule your appointment, please call:
tel: 09-7472580 ext. 8 during afternoon hours.

Or send an e-mail to: gastromeirpn@clalit.org.il

Missing your appointment, without prior cancellation, prevents another patient urgently requiring the examination to be scheduled for the appointment!!

