

PREPARATION FOR COLONOSCOPY OR SIGMOIDEOSCOPY

Please read the instruction carefully

Appointments for colonoscopy/sigmoideoscopy not cancelled within 48 hours in advance will be assessed with 75% of current price. Cancellations must be made on business days Monday to Friday

Bowel preparation

PICOPREP® is available at pharmacies without prescription.

If you suffer from heart disease, kidney disease or epilepsy, please contact us at phone number 22 95 76 21 for the assessment of emptying agent.

When examination is between 08:00-15:00

Use the first bag of PICOPREP® at 18:00 the day before the examination. Please drink up to 2 liters of clear liquid spread over several hours.

Please use the second bag of PICOPREP® 5 hours prior to the examination. Then drink up to 2 liters of clear liquid spread over several hours.

When the examination is at 16:00 or later

Use the first bag of PICOPREP® at 07:00 the day of the examination. Please drink up to 2 liters of clear liquid spread over several hours.

Please use the second bag of PICOPREP® 5 hours prior to the examination. Then drink up to 2 liters of clear liquid spread over several hours.

The last 5 days prior to the examination, you should avoid: iron tablets, flaxseed, grapes and other food that contain whole grains/seeds. This includes bread with whole grains/ seeds.

The day before the examination and the day of the examination you should not eat any type of solid food, only drink clear liquids.

We consider clear liquids to be: water, sports drink, soda, clear stock, juices without pulp, fruit juice, separated clear soup, black coffee and tea.

Avoid milk, black currant- and blueberry juice.

All drinks you take without PICOPREP® also help rinse the colon. Therefore it is important to drink plenty the day before and the day of the examination (Although the leaflet from the manufacturer of PICOPREP® may say otherwise).

IMPORTANT!

You must stop taking all kinds of blood thinners before the examination:

- Acetylsalicylic formulations such as Albyl-e and Plavix 3 days prior
- Warfarin(Marevan) 3 days prior (INR should be 2.0 or less the day of the examination. This has to be checked at our laboratory 30 minutes prior to the examination, we therefore ask you to meet there first
- Pradaxa, Eliquis and Xarelto 2 days prior.

If you have been hospitalized or working at a health institution outside of the Nordic region during the last 6 months, or at a health institution in or outside of the Nordic region with outbreaks of MRSA, we ask you to tell us. The reason for this is that without knowing it, you may have been infected with MRSA. If this is the case, we need to take precautions. If this is applicable to you, please phone us at: 22 95 76 21.

With kind regards
Gastro.Lab/Medical ward
Phone: 22 95 76 21

If you need sedation, please note that you can not drive for the rest of the day. In addition to this, you will need to stay and rest for 30-60 minutes before you leave.

For new patients.

It will help the doctor if you have filled in the form below before the appointment (if it have relevant information):

Current issue:

- Symptoms:

- Debut and duration of your symptoms:

- Is the symptoms present at night?:
- Is the symptoms present after eating?:
- Wight loss:
- Appetite:
- Stool:
- Other medical examination carried out (blood samples, ultrasound/CT, etc):

- Previous diseases and/or surgeries:

- Diseases in the family:

- Regular medicines:

- Regular use of NSAIDS (i.e anti-inflammatory medicines like Ibox, Voltaren, Naproxen, Brexidol, Arthrotec etc):

- Allergies:

- Tobacco:
- Alcohol consumption:
- Occupation:
- Name of your regular GP/consulting physician (if needed):