

# DR MATLEY & PARTNERS

Practice number: 4208293

---

For enquiries or more information regarding preparation please speak to one of our nurses:  
Sharon Waldeck, Kathy Faull, Carin Badenhorst, Christina Baagoe, Amanda van de Venter.

---

## COLONOSCOPY PREPARATION

Colonoscopy procedure code: 1653 (45378CPT)  
Gastroscopy procedure code: 1587 (403235CPT)

### MEDICATION:

#### **DIABETICS**

if possible, please check your sugar levels the evening and morning. Omit all diabetic medication the morning of the procedure.

#### **WARFARIN**

Stop 4 days prior to procedure. If unsure whether you are allowed to stop medication, please check with your physician or cardiologist and have an INR check the morning of your procedure.

#### **IRON TABLETS**

Stop one week prior to the procedure.

#### **PLAVIX**

Please arrange a consultation prior to your endoscopy to receive individualized instructions.  
Please advise us if you have a metal heart valve replacement as antibiotics may be required.

**ALL OTHER ROUTINE MEDICATION CAN BE TAKEN.**

### THE DAY BEFORE THE COLONOSCOPY

Have a normal breakfast (10am)

Have a normal lunch (1pm)

Thereafter CLEAR FLUIDS ONLY (ie. Black Tea / Coffee, Clear cup-a-soup, Bovril drinks, fresh fruit juices, Isotonic drinks (Energade), Jelly (green/yellow only), Beer / Wine permitted till 8pm.

**NB: No solid food, peels or dairy products permitted. The aim is not to starve, but to have a clear bowel. Avoid seeds and pips 3 days prior to procedure.**

### You have 3 sachets of PicoPrep:

At 1PM / 4PM dissolve 1<sup>st</sup> sachet in a glass of warm water, cool with ice and drink followed by a glass of water.

At 4PM / 7PM dissolve the second sachet in the same way and drink followed by a glass of water.

At 7PM / 7AM dissolve the last sachet as before and drink followed by a glass of water.

### **NB: Drink a glass of water or clear fluids every hour until bedtime to facilitate the prep.**

- If you are having a colonoscopy alone, you can continue to drink clear fluids right up until the procedure.
- If you are having a gastroscopy as well, please stop all solids 6 hours before the procedure, and clear fluids at least two hours before the procedure.
- If you wake with a headache in the night before the procedure, Panados are permitted.
- Because of the diarrhoea it is advisable to apply Fissan Paste / Vaseline to protect your bottom & wipe yourself with wet toilet paper or "wet wipes".

### **SEDATION IS GIVEN SO SOMEBODY MUST ACCOMPANY YOU AND DRIVE YOU HOME.**

(The procedure and recovery from sedation will take approximately 2 hours altogether)

**Patient is responsible for obtaining authorization number from their medical aid before the procedure.**