

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 1st 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.