



Dr. Savvas Kadis
Advanced Medicine
Exceptional Care

INSTRUCTIONS TO BE UNDERTAKEN BEFORE A COLONOSCOPY

7 DAYS BEFORE THE COLONOSCOPY

Please stop taking iron tablets and inform us in case you take any blood thinning pills or plavix.

4 DAYS BEFORE THE COLONOSCOPY

Please stop taking medication that cause constipation (lomotil, Codeine, Phosphate etc), but continue with the rest of your medication.

2 DAYS BEFORE THE COLONOSCOPY

You may eat: boiled or grilled white fish or chicken, eggs, cheeses, white bread, butter, margarine and boiled potatoes.

Avoid foods with high fibre contend e.g. red meat, fruits, vegetables, cereals, salads, mushrooms, pulse beans, brown bread.

1 DAY BEFORE THE COLONOSCOPY

Please have a breakfast from the previous list. After breakfast you must not eat anything else. **You must drink fluids (water, tea, sprite).**

You may also have jelly for lunch.

At **14:00** dissolve one sachet of Picoprep in 150ml of cold water (Repeat at **18:00**). After taking the first sachet you must drink at least 1 glass of fluids every 20 minutes until 24:00.

Don't worry if Picoprep doesn't have any effect right away.

DAY OF EXAMINATION

You may drink water in the morning if it is needed, but nothing else is permitted.

Drink 4 Litres of fluids daily, except juices!!!

No foods containing sesame, seeds or grains

Kadis Savvas MD MRCP (UK)
Gastroenterologist / Hepatologist

Aretaeio Hospital

55-57 Andrea Avraamides, Strovolos, 2024 Nicosia, Cyprus

Tel. +357 22 200419

Email: a.michael@aretaeio.com