



Can I continue the medications I normally take?

You must inform your doctor of any medical condition you may have such as hypertension or diabetes, and if you are taking any medications including blood thinning medications to offer you a proper medical guidance.

Medication instructions:

When can I go home after the colonoscopy?

After the procedure, you need to stay in the recovery area for around 30 minutes to 1 hour until you are fully awake. Someone must be with you to take you home, as you will not be able to drive home because of the sedation.

ssmc

مدينة الشيخ شخبوط الطبية
Sheikh Shakhbout Medical City

800 SSMC 7762 | ssmc.ae

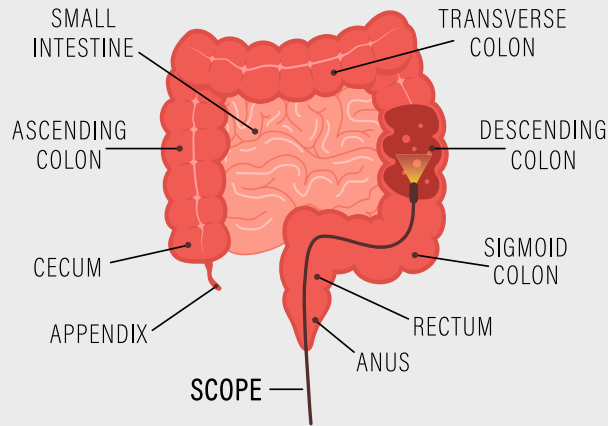


ssmc

مدينة الشيخ شخبوط الطبية
Sheikh Shakhbout Medical City



Colonoscopy Preparation



What is colonoscopy?

It is a diagnostic and screening test performed to detect and remove colon polyps, tumors and to collect tissue samples.

How shall I prepare for a colonoscopy?

The day before the procedure, you should be taking only clear fluids along with a laxative called KLEAN PREP to cleanse your bowel. We recommend you to drink the below clear fluids only.



Lemon juice



Apple juice



Green or yellow jello



Lemon-lime soft drink



Tea or coffee without milk



Clear soup (broth)

How do I take KLEAN PREP?

You will need to take 4 sachets of KLEAN PREP to cleanse your bowel as instructed below.

Step 1: The day before the colonoscopy

Mix one sachet of KLEAN PREP with one liter of water and drink gradually until completed three times across the day as per the table below.

Time	KLEAN PREP	Water
4 p.m.	1 sachet	1 litre
6 p.m.	1 sachet	1 litre
8 p.m.	1 sachet	1 litre

Step 2: On the day of the colonoscopy

Drink the last sachet of KLEAN PREP with one liter of water at 5 a.m.

If you find the taste of KLEAN PREP unpleasant, mixed it with lemon-lime soft drink or lemon juice instead of water.



How is a colonoscopy performed?

Once you reach the clinic, you will be assessed, prepared, and a sedative will be given prior to the procedure.

It is performed using a flexible tube that is gently placed into your rectum and guided into your large intestine, which allows the doctor to view the inside of the entire colon and rectum.

The full process will take round 2 to 3 hours. However, the test itself takes 30 to 45 minutes.