



### 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:

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### 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.

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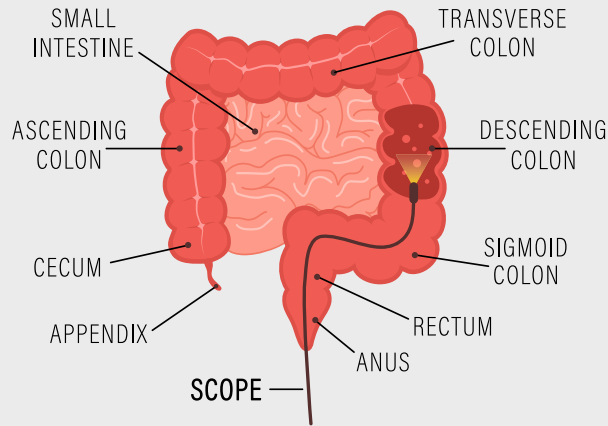


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# Colonoscopy Preparation



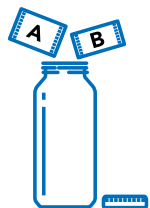
### What is colonoscopy?

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?

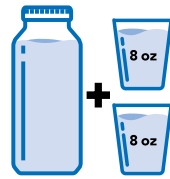
You should be mixing warm drinking water with a laxative called MoviPrep to cleanse your bowel. We recommend you to follow the below steps on how to take MoviPrep:

### Step 1: Mix the first dose in the evening before the colonoscopy



Empty one pouch (A) and one pouch (B) into 1 Liter of warm drinking water and mix until dissolved.

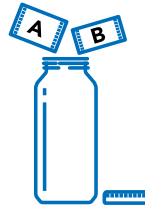
Date: \_\_\_\_\_ Time: \_\_\_\_\_



Drink approximately 250 ml (8 Oz) of the container every 15 minutes until the full liter is consumed.

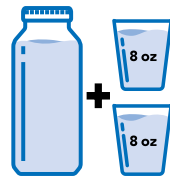
In addition, drink 500 ml (16 Oz) of a clear liquid.

### Step 2: Mix the second dose on the morning of the colonoscopy



Empty one pouch (A) and one pouch (B) into 1 Liter of warm drinking water and mix until dissolved.

Date: \_\_\_\_\_ Time: \_\_\_\_\_



Drink approximately 250 ml (8 Oz) of the container every 15 minutes until the full liter is consumed.

In addition, drink 500 ml (16 Oz) of a clear liquid.

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)

Avoid dairy products, coffee creamer and any red or purple liquid, such as cranberry juice, as it can interfere with the results of your exam.

### 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 around 2 to 3 hours. However, the test itself takes 30 to 45 minutes.