



### 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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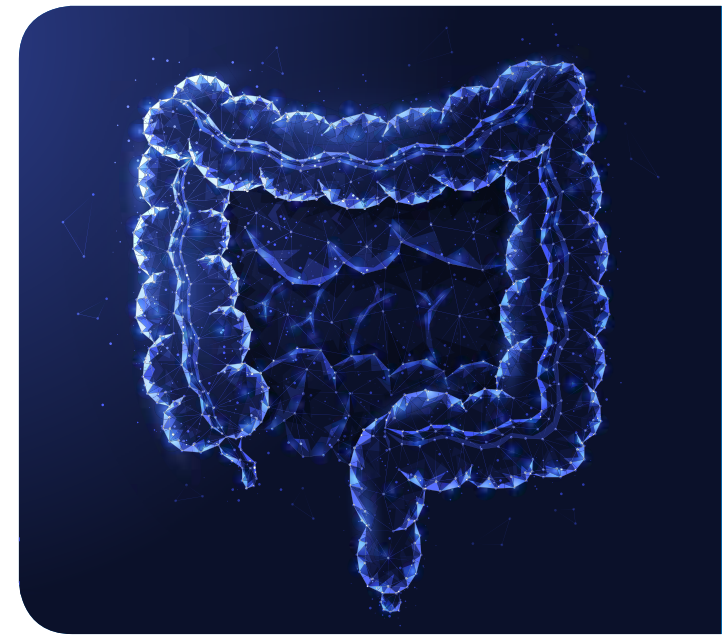
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# PICO PREP Patient Instructions

## 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 PICO 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 to prepare and take PICO PREP:

- 1 Fill a cup with 150ml cold water
- 2 Empty contents of one sachet in the cup
- 3 Stir for 2 to 3 minutes until completely dissolved (mixture may heat up – Allow to cool – then drink the mixture)



150ml



1 Sachet



2-3 minutes

## Take PICO PREP according to the following schedule:

Time: _____ Date: _____	Take 1 sachet of PICO PREP	Drink 1L of water or clear fluid after each preparation
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## Q And A to Maximize Bowel Cleansing Success:

**Q:** Why do I have to drink 1.5 - 2 liters of clear fluids after each sachet?

**A:** Drinking clear fluids helps to optimize bowel cleansing and avoid dehydration.

**Q:** How long does it take for PICO PREP to start working?

**A:** It usually starts to work within 3 hours but can vary depending on the individual.

**Q:** Are there any other dietary considerations I should take into account?

**A:** Following your doctor's advice prior to your procedure, AVOID the following as they leave digestive residue: seeds and nuts, fresh fruits or vegetables, and multigrain bread.

## 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.