

Colonoscopy - lower digestive tracts (Preparation for examination with Picosalax - evening)

The exam is performed between: 14:00-21:00

Arrive on (זמן הגעה לבדיקה): _____

Dear Patient,

Welcome to the Gastro Institute. We would like to give you an explanation in preparation for the colonoscopy exam scheduled for you.

What is a colonoscopy?

A colonoscopy allows a view of the colon cavity as a diagnostic and therapeutic tool.

The exam is performed with a colonoscope - a flexible tube, thick as a finger, made from optical fibers, equipped with a light source and a tiny video camera at its tip, that allows the examiner a direct view of the intestines. The colonoscope is as thick as a finger, and it is inserted through the anus.

Sometimes, procedures such as the collection of a biopsy or polyp excision are performed during the exam.

Inform the physician of the following things before a colonoscopy:

- If you are allergic to medications.
- If you have an artificial heart valve.
- If you are taking antibiotics in preparation for an invasive procedure.
- If you suffer from a renal disease, the physician must be consulted regarding the preparatory substance.

Blood thinners/anticoagulation medications:

If you are taking anticoagulants/blood thinners (such as Coumadin®, Sintrom®, Plavix®, Xarelto®, Effient®, and similar medications), consult the physician and consider their discontinuation or the administration of an alternative treatment that will allow for the excision of findings through endoscopy.

Colonoscopy while continuing treatment with blood thinner may be performed without the excision of findings/collection of biopsies through the endoscope.

Please note,

If the intestines are not completely clean, the test cannot be performed.

In order for the test to be successfully completed, the intestines must be thoroughly cleansed.

Intestinal cleaning is performed through low fiber diet (nutritional preparation) in the purpose of reducing residues in the intestines

and through the administration of medications (laxative pills) whose purpose is to clean the intestines.

Instructions in preparation for the examination

Nutritional preparation for colonoscopy:

	Prohibited Foods	Permitted Foods
3 days before the exam	Fruit, vegetables , olives, avocado, fiber cereals , black bread, whole-wheat bread, whole-grain bread, buckwheat, oatmeal, groats, granola, wheat fibers, corn. Legumes - peas, beans, lentils, chickpeas. Nuts - roasted seeds, almonds, nuts, sesame, pistachios. Red meat.	White bread, pita bread, baguette, white flour crackers, pasta, white flour noodles, chicken, turkey, fish. All dairy products without pieces of fruit, strained natural juices. Eggs, clear broth without vegetables, jelly, fruitless cakes. Beverages - coffee, milk, diet drinks.
24 hours before the exam	Do not eat any solid foods and dairy products.	Clear fluids only: clear broths, tea, juices, jelly (not red colored).
3 hours before the exam	Complete fasting, no fluids.	

***Important!** If you are also undergoing a gastroscopy, you have to fast for 6 hours before the test.

Medication preparation for colonoscopy:

In order to purchase the medications for the preparation, see the family physician for a prescription for:

- Laxative tablets: PO Tab. Bisacodyl 5mg (LAXADIN® / ATZIRUT X®) – 6 Tablets
- Picosalax powder: PO Pwd. for Solution 16.1g PICO-SALAX® - 2 Sachets

Instructions for taking the medications:

- **3 days before the exam:**
At 20:00 - take 2 laxative tablets (LAXADIN® / ATZIRUT X®).
- **2 days before the exam:**
At 20:00 - take 2 laxative tablets (LAXADIN® / ATZIRUT X®).
- **1 day before the examination:**
 - Start drinking Picosalax® according to the outlined schedule. At the same time, stop eating and switch to clear beverages.
 - At 20:00 p.m. - take the first bag.
 - At 20:00 - take 2 laxative tablets (LAXADIN® / ATZIRUT X®).
- **On the morning of the test:**
 - At 08:00 a.m. - take the second bag.

Picosalax® preparation and intake instructions:

- Fill a cup with cold water (about 150 ml) and empty the contents of one bag.
- Mix for 2-3 minutes until fully dissolved and drink the clear solution.
- You should drink between 1.5-2 liters of water or clear liquids for 4 hours after consuming each bag.
- Drink only clear beverages - water, soda, no milk, fizzy drinks (colorless), Herbal/fruit tea, broth.

Instructions for the day of the test:

- Please bring an identification card and an HMO financial commitment form (Maccabi members are exempt from financial commitment).
- Please arrive with an escort who will take you home after the test since you will be sedated during the exam and for several hours subsequently. Do not drive or engage in any other activity that requires alertness following the test and for the rest of the day.
- Stop drinking 3 hours before the time of the exam. This means total fasting for 3 hours before the exam.
- If you suffer from high blood pressure or heart disease, you should take your regular medications up to 3 hours before the exam.
- Diabetics, you must not take diabetes medications and they must not inject insulin on the morning of the exam, but please bring insulin and the monitoring card for the test itself.
- Please wear comfortable clothes and make an effort to arrive without jewelry.
- In preparation for the exam, you will be asked to sign a Consent Form. By law, your signature on the consent is a necessary condition for performing the exam.
- **Important!** If you are also undergoing a gastroscopy, you have to fast for 6 hours before the test.

Course of the examination:

The duration of the examination is approximately 20-30 minutes.

In order to reduce discomfort during the exam, you will be given a sedation injection into the vein.

You will stay for at least one hour after the end of the procedure (if the test is performed under sedation).

After the test, you will stay at the Gastro Institute for observation until you recover (recovery time differs between people).

At the end of the recovery, you will receive a printed result from the physician who performed the exam.

If biopsies were collected, the results will be delivered about a month later to the attending physician or gastroenterologist.

Warning signs after the examination that necessitate medical attention:

If one of the following events occurs after the test, seek immediate medical attention.

- Strong pains in the chest or abdomen.
- Fever and chills about 24 hours after the exam.
- Large amount of blood in the stool.

We make every effort to meet the appointment as scheduled, but sometimes, due to unexpected constraints, the appointment is delayed, and we apologize in advance.

Wishing you a *refuah sheleimah* (complete recovery of good health),

The Gastro Institute Staff