



COLONOSCOPY PREPARATION SHEET

Day before examination:

You should NOT Have (X): Ragi, fruits, watermelon, papaya, tomatoes, leaves & non vegetarian food, either for lunch or dinner.

You can have (✓): Curd rice, dal rice or Pongal.

After your Dinner you can take **Tablet Piclin** 2 at night.

Day of Examination:

On the day of procedure, please **do not** consume take tea, coffee, milk or breakfast.

Bowel preparation instructions:

First add water to both bottles in Colo-Prep kit.

Drink 1st bottle from 5 - 6am & 2nd bottle from 6 -7am.

Consume 2 more liters of clear liquids like Glucose powder with water / ORS powder with water / Tender coconut water / lime juice with salt & sugar / Sprite / 7up.

After drinking Coloprep solution, patient will pass loose stools more than 8-10 times.

Appointment:

Date:

Time: For further information please call- **080-29918434**
(8am-10am & 6pm – 10 pm)