

***Was anything found during the procedure?***

You will be informed about the results immediately after the examination. Results from any tissue samples which might be taken will take about a week.

***Where does the procedure take place?***

The procedure takes place at the Endoscopy Department (speglunardeild) which is located on the 1<sup>st</sup> floor of the Health Care Institute of West Iceland (HVE) in Akranes.

If you need any further information or if you need to reschedule your appointment, you can contact the department at 432 1041.

You have an appointment for a colonoscopy:

Day: \_\_\_\_\_

Best regards,  
Employees of the Endoscopy  
Department,  
HVE Akranes

Unnið af GG í des. 2013  
Ensk þýðing 2021: Túlkamiðstöðin/kg  
HVE/rmbæk69b

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## COLONOSCOPY

### PICOPREP CLEANSE



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## Colonoscopy

### Picoprep cleanse

*Picoprep is available at pharmacies without a prescription.*

### What is examined?

*The rectum, the entire colon and sometimes the ileum as well.*

### What does the preparation involve?

*For a week before the colonoscopy, fibre rich foods should be avoided (whole-wheat bread, muesli and flaxseeds). Iron supplements should not be taken for a week before the colonoscopy. If you are taking any anticoagulants or other medication, you must inform us. For two days before the colonoscopy (day 1 and day 2) you should only consume clear liquid foods, see instructions.*

### Picoprep:

*Picoprep is incorporated into one glass of water. The liquid is ingested in two parts, see medication guide from the pharmacy.*

*The first dose should be ingested at 18:00 the day before the colonoscopy (day 2) and the second dose should be taken 5 hours before arrival (day 3).*

### Attention! The medication will cause diarrhoea shortly after it is taken.

*It is important to consume clear liquid foods and drinks, about 2 litres, for the next 2-3 hours after taking the medication.*

#### Day 1:

*Liquid foods, drink a lot.*

#### Day 2:

*Liquid foods, drink a lot, take Picoprep.*

#### Day 3: - The day of the procedure

*You may drink clear liquids until the examination begins.*

### Helpful advice

After drinking Picoprep it is important to remain mobile, e.g., walking around the house, in order to release as much of the fluid you have ingested as possible.

After cleansing, you may consume clear liquids foods.

To prevent rectal discomfort, it might be good to use softening or water-repelling ointments, i.e., AD – ointment, Vaseline or Bepanthen nappy ointment before drinking the blend.

### Informational video about colonoscopies:

<http://www.youtube.com>

### Search term: Colonoscopy

### Examples of clear liquid foods:

Clear, low-fat broth, e.g., bouillon cubes broth.

Clear vegetable soups, fruit or juice concentrate soups from which solids have been strained.

Oat or rice broth.

Fruit juices (apple-, orange-, and pineapple juices, etc.), strain the pulp out.

Frozen fruit juices (popsicles without chocolate)

Soda drinks

Energy drinks

Tea and coffee (sugar or honey is permitted.)

### No dairy

### What happens during the procedure?

Before the procedure begins, a combination of intravenous sedative and pain-relieving medication is administered. You will lie on your left side. During the procedure, a long, flexible tube is guided through the colon. Tissue samples and polyps can be taken painlessly. The procedure takes about 15 minutes.

### Is it painful?

The colon is often long and winding. In order to guide the scope through, air must be pumped into the colon. This is done with the scope at the same time as the colon is examined and might cause contraction pains and a feeling of pressure in the abdomen. Any discomfort can be alleviated with pain-relieving medication.

### What about aftercare?

If you are in the hospital, you will be brought to your room on your bed. If not, you will have to stay at the hospital for about an hour after the procedure.

**You are not allowed to drive a car for 4-6 hours after the procedure because of the medication.**