



Colonoscopy Department of Nazeran Hospital

Colonoscopy is the examination of the inside of the large intestine with a device through the anus. In order to obtain accurate results, the patient's intestine must be completely cleaned of feces and liquids so that there is enough visibility to examine the inner lining of the intestine. Therefore, it is very important to follow the bowel preparation diet carefully. It is mandatory to bring medical documents (examinations, radiographs, etc.), doctor's order and a companion when visiting. (Driving is prohibited after endoscopy). Avoid bringing gold and other valuables separately. Shave the anus area.

First day

Preparation for colonoscopy

Eat a short breakfast consisting of a small piece of bread and a little jam and sweet tea, and after that, throughout the day, use only filtered liquids such as water, tea, fruit juice without pulp, honey syrup, lemon juice syrup, muscle juice and chicken broth. . Use plenty of liquids, but avoid dairy products and colored juices (cherry juice, pomegranate juice, carrot juice).

Second day

From the beginning of the morning, dissolve two packets of Pidrolox powder in one liter of water (4 glasses) and drink one glass of water every 20 minutes. Take a little walk during the time of consumption.

For lunch, eat some muscle juice or chicken broth without bread. In the afternoon, consume 2 more packets of Pidrolox powder according to the above recipe. (Total 4 packets of Pidrolox powder should be consumed in 16 glasses of water).

In addition, take one Bisacodyl tablet with each powder. The night before the colonoscopy, get a bottle of Dimethicone from the pharmacy and drink it little by little until the intestines are completely clean.

Third day

It is mandatory to be completely fasting and remember to visit with a companion. Driving is prohibited after colonoscopy.

Patients taking insulin should stop taking the drug 12 hours before and patients taking diabetes tablets 24 hours before.

After sampling the intestine, the patient may have a small amount of bleeding from the mentioned areas, which is usually small and not important.