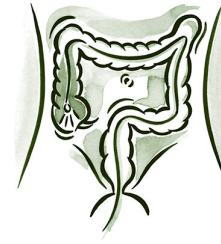


## PREPARATION FOR SPLIT COLONOSCOPY



### One day prior to the procedure

- ▶ You can have ordinary meals for breakfast and lunch. After lunch you may only have clear liquids only, such as:
  - Water – juice- jello- tea- coffee- seven up- soft drinks- milk- yogurt- custard- muhallabieh.



- ▶ During the evening:
  - Dissolve well 2 Sachets of the solution prescribed by the doctor in 2 liters of cold water and drink the whole preparation between 8 pm and 10 pm.

### Day of the procedure

- ▶ You may drink clear fluids in the morning
  - Dissolve well 2 sachets of the solution prepared by the doctor in 2 liters of cold water and drink the whole preparation over one to one and a half hours. **Please make sure you drink the whole preparation around 1.5 hours before the time of the procedure.**
  - For example, if your appointment is at 9 a.m., you should finish drinking the preparation at 7:30a.m.

**N.B: NO FOODS ARE ALLOWED ON THE DAY OF THE PROCEDURE.**



### References:

American College of Gastroenterology (2006). *Patient Education: Colonoscopy*. Retrieved November 6, 2007 from the American College of Gastroenterology Web site:  
<http://gi.org/physicians/resources/patiented.asp>

Minnesota Gastroenterology (2006). *Colonoscopy Preparation*. Retrieved November 6, 2007 from Minnesota Gastroenterology Web site:  
[www.mngastro.com/mngi.nsf/patient\\_education](http://www.mngastro.com/mngi.nsf/patient_education)