

DR MICHAEL HEYNS

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General Surgeon

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Patient:

Venue: M27, In Docter's Rooms

Date:

Time: Will be confirmed

Procedure: Sigmoidoscopy Flex

Code: 1676, 0201 ICD10: K62.5

Procedure: Rectal Sonar (NO AUTHORISATION REQUIRED)

Authorization No:

Instructions for bowel preparation – please read carefully.

A clean bowel is extremely important for this procedure.

*The procedure cannot be done unless the colon is clean.

*Bowel movements start 2-3 hours after taking the Pico-Prep and may continue for up to 3 hours after taking the dose.

*It is advisable to remain near a toilet.

*Drink your routine medicine 1 hour before taking Pico-Prep.

One day before the procedure:

Date:.....

NB: EAT NORMALLY TILL:13:00.

Take clear liquids until 22:00. No solid foods and dairy products permitted.

YOU NEED TO TAKE ONLY ONE DOSE OF PICO-PREP – taken at 16:00.

Take only clear fluids today:

Water, Tea and coffee without milk, Lemonade / Cream Soda, Energade, Clear soup (e.g. Bovril / Chicken extract), Jelly without toppings, Clear apple / pear / white grape juice (no pulp), No Oros or red / purple colourings (stains the colon)

STOP DRINKING FLUIDS AT 22:00 – ZERO PER MOUTH UNTIL THE PROCEURE.