HealthPro Surgery
Dr John Kinyua Murithi, MBChB, FCS(ECSA), FACS
Consultant General, Vascular and Laparoscopic Surgeon

PATIENT INSTRUCTIONS
Aga Khan Hospital Mombasa
Doctors' Plaza, First Floor

PREPARATION GUIDE

Preparing for your colonoscopy

A clean bowel makes your colonoscopy safer, quicker and more accurate. These instructions are for a morning appointment; if your procedure is in the afternoon, you will be given adjusted timings.

Procedure date: _____ **Arrival time:** _____

7 days before	**Review your medicines** • Stop iron tablets. • Tell us if you take blood thinners (e.g. warfarin, clopidogrel, rivaroxaban, apixaban) or diabetes medicines. Do not stop these without specific advice.
3 days before	**Start a low-fibre diet** • **Eat:** white rice, white bread, ugali, potatoes without skin, eggs, chicken, fish, clear soups. • **Avoid:** fruit and vegetables with skins or seeds, beans, peas, lentils, nuts, whole grains, githeri, brown bread.
Day before morning	**Light breakfast, then clear fluids only** • Light low-fibre breakfast, finished by 9:00 am. • Then clear fluids only: water, clear soup, clear juice without bits, black tea or coffee, ORS. No milk and no red or purple drinks.
Day before 3:00 pm	**First bottle of ColoPrep + 4 Dulcolax tablets** • Take the first bottle of ColoPrep, prepared as directed on the pack. • At the same time, swallow 4 tablets of Dulcolax (bisacodyl). • Drink plenty of clear fluids over the following hours (at least 4–6 glasses).
Day before 6:00 pm	**Second bottle of ColoPrep** • Take the second bottle of ColoPrep, prepared as directed on the pack. • Keep drinking clear fluids and stay close to a toilet. Frequent watery stools mean it is working.
Day of the procedure	**Nil by mouth** • Sip clear fluids until 2 hours before your appointment, then nothing by mouth. • Stools should be clear or pale yellow liquid. If still brown or solid, call us before coming in. • Bring your medicines list, insurance card and an adult to take you home.

After the procedure: seek help urgently if you have

- Severe or worsening abdominal pain, or a swollen, hard abdomen
- Fever or vomiting
- More than a small amount of bleeding from the back passage

No driving, machinery or signing important documents for 24 hours after sedation.

Office: 0798 595 946 **WhatsApp: 0721 446 206**
www.healthprosurgery.com · johnkinyua@gmail.com
Mon–Fri 9 am–5 pm · Sat 9 am–12 noon

General guidance only. Always follow the specific instructions given to you by our team.
colonoscopy-preparation · October 2026

Scan to read online