



Preparation for colonoscopy

Good preparation is essential for a safe and meaningful examination of the colon.

The aim is to empty the stool completely in the colon.

We ask you to read the following instructions carefully right now and to follow them exactly later, in preparation for the examination.

Diet

3 days before the examination

- Refrain from eating foods rich in fibre and roughage (fruits, vegetables), especially seeds (e.g. seeded bread, muesli, grapes) - grains can damage the instrument.
- Please pause iron supplements now.
- Are you severely constipated? If so, please use laxatives regularly in the days before the examination or seek advice from us in the weeks before.

On the day before the examination

- For breakfast and lunch, eat easily digestible, low-fibre food (white bread, rusks, pasta, rice, mashed potatoes, meat, dairy products)

In the evening only clear liquids

- (syrup, tea, water, clear juice, lemonade, bouillon, coffee with a little milk, beer), do not eat anything.

On the day of the examination

- Do not eat. Clear liquids allowed.

Medication

- Take your usual medication the evening before at least 1 hour before taking the laxative solution. Take medication on the day of the examination after the reflection.
- Diabetics requiring insulin please consult their GP.
- Please stop taking blood thinners (Eliquis, Xarelto, Lixiana, Pradaxa) 24 hours before the examination. Marcoumar, Aspirin or Plavix can still be taken.

Intestinal cleansing with the laxative solution Clensia (consisting of two portions of 1 litre each)

The day before between 6 - 9 pm

- Drink Clensia (2 sachets A + 2 sachets B) within 2 hours, dissolved in 1 litre of water, slowly and sip by sip. It is best to drink 2 glasses of 2.5dl every 15-30 minutes. The taste is more pleasant when chilled. You can also add syrup, lemonade or juice. To avoid great thirst, drink at least ½ litre of clear liquid afterwards. It may take several hours until the first bowel movement.

On the day of the examination in the morning

- Drink Clensia (2 sachets A+ 2 sachets B) within 2 hours, dissolved in 1litre of water, slowly and sip by sip, followed by at least 0.5 litre of clear liquid, the same as the evening before.
- The intake should be completed 2 hours before the start of the colonoscopy.

Goal

- Urine-like fluid with yellowish flakes. Normally a certain amount of fluid remains in the bowel, this can be easily removed during the examination.

After the examination

- You rest, we serve you tea or coffee. This is followed by a discussion with your doctor. You can then eat and drink normally.

After the examination under sedation, you must not drive a vehicle for 12 hours.