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## COLONOSCOPY

The purpose of the colonoscopy is to investigate the causes of disorders of the colon and rectum. The procedure is carried out by passing a flexible endoscope through the anus and into the colon. You will hear the results of the procedure in 4 to 6 weeks from the physician who referred you for it, unless otherwise specified.

Due to potential medication, we recommend that you do not drive to the procedure yourself.

**Please reserve 1–3 hours for your visit.**

Please cancel your appointment **at least one week before the procedure**, if you cannot attend at the scheduled time.

### Before the procedure:

- Insulin-dependent diabetes: Please contact a diabetes nurse, if necessary.
- If you are on blood thinners, such as Marevan, Plavix, Pradaxa, Klexane, Fragmin, please contact the endoscopy unit or follow these instructions:

Stop taking the medication \_\_\_\_\_ INR \_\_\_\_\_ or  
according to separate instructions.

- Iron deficiency medication: stop taking for **one week**.
- Fibre products (such as Vi-Siblin, Agiocur): stop taking for **one week**.
- **Constipation:** if you suffer from constipation, take, for example, Movicol 2–3 sachets/day or Levolac 30 ml x1 in the evenings for 3–5 days before starting cleansing (available from pharmacies without prescription).

### Diet one week before the procedure:

You are allowed to eat potatoes, rice, pasta, fish, chicken, meat, porridge and seed-free bread normally. You are allowed to eat fruit and vegetables as long as the seeds and skins are removed.

**You are not allowed to eat: berries, nuts, seeds, grains, brans and similar foods.**

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## CLEANSING WITH COLONSTERIL

**In order for the procedure to be carried out successfully, it is important that your colon is clear of faeces.**

For cleansing your colon, please purchase **six containers** of the prescription-free **Colonsteril** bowel cleansing product from your local pharmacy.

**Please follow the instructions below for cleansing** (instead of those provided with the product).

### 1. On the day before the procedure

- You may have a normal breakfast and a light lunch between 12:00 and 14:00 and take your normal medication, but **do not take any tablet-based diabetes medication** after lunch.
- **You must not eat any solid foods after 14:00, only clear liquids** (water, meat, fish or vegetable broth, pulp-free juice, soft drinks, tea, coffee, **no** dairy products).
- **Start drinking Colonsteril at 16:00–18:00.** Mix one full container of the drops into one litre of water and drink it within one hour. Through the evening, drink a total of \_\_\_\_\_ litres of **Colonsteril**.
- In addition to drinking the cleansing product, it is important to also drink other clear liquids as listed above.
- Take your regular medication.

### 2. On the day of the procedure

- **Continue the cleansing process by drinking \_\_\_\_\_ litres of Colonsteril three hours** before the procedure.
- After this, drink **½ a litre of the aforementioned clear liquids at least 2 hours before coming in for the procedure.**

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- Take your necessary morning medication (such as blood pressure, asthma or epilepsy medication).
  - You can make drinking the cleansing product easier by sucking on peppermint drops, for example.
  - **Do not take any tablet-based diabetes medication.**