

## 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. The mucous membranes of the colon are usually biopsied.

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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#### **Herttoniemi Service Point**

Silikuja 3  
00800 Helsinki  
09 310 47692  
Mon–Thu 8–14  
Fri 8–13

#### **Malmi Service Point**

Talvelantie 6, Malmi Hospital  
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## MOVIPREP CLEANSING

For cleansing your colon, please purchase one package of the prescription-free **Moviprep** bowel cleansing solution 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 can 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) and juice-based dietary supplements (such as Nutridrink).
- **Start drinking the first Moviprep dose at 18:00 and finish it within one hour** (mix one dose sachet A and one dose sachet B into one litre of water).
- After drinking the cleansing product, drink **3 litres** of the aforementioned clear liquids and take your regular evening medication.

### 2. On the day of the procedure

- **Continue the cleansing process by drinking the second Moviprep dose** (mix one dose sachet A and one dose sachet B into one litre of water). **You must finish drinking the Moviprep dose at least 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.
- 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.**

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