

## 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 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:** take, for example, Movicol 2–3 sachets/day or Levolac 30 ml x1 in the evenings  
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.**

---

#### Herttoniemi Service Point

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

**On the day of the procedure after office hours tel. 040  
756 2483**

---

#### Malmi Service Point

Talvelantie 6, Malmi Hospital  
00700 Helsinki  
09 310 47692  
Mon–Thu 8–14  
Fri 8–13

**On the day of the procedure after office hours tel. 040  
334 6960**

## PLENVU CLEANSING, EVENING INSTRUCTIONS

To cleanse your colon, please purchase one container of the prescription-free

**PLENVU** 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 breakfast and a light lunch normally, by **no later than 14:00**. During the afternoon and evening, you may freely consume liquid foods and clear liquids (such as water, juice, tea, coffee and meat, fish or vegetable broth) and take juice-based dietary supplements (such as Nutridrink Juice). You may take all your regular medication. **You must not eat any solid foods, only the clear liquids mentioned above are allowed.**

### 2. On the day of the procedure

- Drink your **first PLENVU dose at 7:00** (dose 1, 500 ml) and finish it within 30 minutes. After this, drink **500 ml of water** and finish it within 30 minutes.
- After drinking the cleansing product, drink **3 litres** of the aforementioned **clear liquids**.
- Take your regular medication (no tablet-based diabetes medication).
- Drink your **second PLENVU dose at 11:00** (dose 2, 500 ml) and finish it within 30 minutes. After this, drink **500 ml of water** and finish it within 30 minutes.
- After this, drink **500 ml** of the aforementioned clear liquids **at least 2 hours before coming in for the procedure**.
- You can make drinking the cleansing product easier by sucking on peppermint drops, for example.

---

#### Herttoniemi Service Point

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

**On the day of the procedure after office hours tel. 040  
756 2483**

---

#### Malmi Service Point

Talvelantie 6, Malmi Hospital  
00700 Helsinki  
09 310 47692  
Mon–Thu 8–14  
Fri 8–13

**On the day of the procedure after office hours tel. 040  
334 6960**