

## 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.**

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#### **Herttoniemi Service Point**

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

#### **Malmi Service Point**

Talvelantie 6, Malmi Hospital  
00700 Helsinki  
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## PLENVU CLEANSING, DAYTIME 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 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 Juice).
- **Start drinking your first PLENVU dose** (dose 1, 500 ml) at **18:00** 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 during the evening and take your regular evening medication.

### 2. On the day of the procedure

- **To continue cleansing your bowel, drink your second PLENVU dose** (dose 2, 500 ml) and finish it within 30 minutes. After this, drink **500 ml of water** and finish it within 30 minutes. **You must finish drinking these at least three hours** before the procedure.
- After this, drink **500 ml** 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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