

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.

Herttoniemi Service Point

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

Malmi Service Point

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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.**

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