Helsinki

Social Services and Health Care Division
Internal Medicine Outpatient Clinic/**Endoscopy**

03/2025

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, etc. 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
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

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EVENING INSTRUCTIONS

MOVIPREP CLEANSING

For cleansing your colon, please purchase one container of the prescription-free **Moviprep** 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). 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

- Start drinking the **first Moviprep dose** at 7:00 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 clear liquids**, such as water; juice; tea; coffee; or meat, vegetable or fish broth (**no** milk).
- Take your regular medication (no tablet-based diabetes medication).
- Start drinking the **second Moviprep dose** at 11:00 and finish it within one hour.
- After this, drink **½ a litre 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.

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