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. 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 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 Laakso 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

PICOPREP CLEANSING

For cleansing your colon, please purchase one package of the prescription-free **Picoprep** bowel cleansing solution from your local pharmacy.

Two days before the procedure, **eat only light meals**, such as soup, and **drink plenty** of liquids.

Please follow **the instructions below** for cleansing (instead of those provided with the product).

On the day of the procedure

You must not eat any solid foods, only clear liquids (meat, fish or vegetable broth; pulp-free juice; soft drinks; tea; coffee; **no** dairy products) and juice-based dietary supplements (such as Nutridrink) **are allowed**.

- **Drink the first Picoprep dose at 6:00.** Mix the Picoprep sachet into a glass of water. Mix the powder thoroughly for 2–3 minutes before drinking. After drinking, wait ½ an hour before drinking any other liquids in order to avoid diluting the cleansing product.
- After drinking the cleansing product, drink **at least 3 litres** of the aforementioned clear liquids.
- Take your necessary morning medication (such as blood pressure, asthma or epilepsy medication).
- **Do not take any tablet-based diabetes medication.**
- **Continue the cleansing process by drinking the second Picoprep dose at 11:00.**
- Wait ½ an hour. After this, drink **at least 2 litres** of the aforementioned clear liquids.
- **Stop drinking 2 hours before coming in for the procedure.**

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