



Patient Information

Preparation for a colonoscopy with Colo-Sol

Date of examination: _____

Time: _____

Most important for a colonoscopy, is that the intestines of the patient are entirely clean. For this purpose, please follow the instructions below as accurate as possible.

4 days prior to the examination:

If possible, do not eat any muesli, whole wheat bread, fruit or vegetables with small seeds (e.g. grapes, kiwi, melons, cucumber) 4 days prior to the examination. All these edibles contain seeds or indigestive fibres, which could remain in the intestines.

1 day prior to the examination:

For breakfast: White bread, zwieback, honey, jam (without seeds), Tea or coffee

Please avoid: Fruit, vegetables, salads, milk and milkproducts, whole wheat products, wheat bran, etc.

For lunch and dinner: Only fluid food (e.g. tea, bouillon)

Half an hour before taking Colo-Sol, the patient takes one tablet of Motilium, so that possible nausea can be prevented. A second tablet of Motilium can be taken in case nausea occurs later on.

From 5–6 pm the patient should start drinking the two litres of Colo-Sol. Until 9 pm at the latest, the patient should have finished drinking the two litres of Colo-Sol.

To drink Colo-Sol, dissolve two bags of Colo-Sol in one litre of water. Mix with apple juice or bouillon, add flavoring compounds (e.g. sirup, lemon juice, etc.) and/or drink Colo-Sol ice-cold to improve the taste. Additionally, the patient has to drink at least two litres of clear fluids (e.g. tea, bouillon, apple juice, sirup, NO coffee).

The patient will have diarrhoea after 1–3 hours.

On the examination day:

The patient has to drink the last litre of Colo-Sol 4 hours prior to the examination. The patient is allowed to drink clear fluids until 3 hours prior to the examination. Medicine which is prescribed to the patient due to other medical reasons can be taken as normal, except for diabetics. The stool of the patient should be yellowish and aqueous prior to the examination.

Notice:

Please bring your insurance card to the examination. Try to leave valuables at home. Please remove any piercings which could be disruptive. The examination will take approximately 2 hours. Normally, the patient receives medication to sleep and relax after the examination.

You can not drive until 24 hours after the examination!

For any further questions or assistance, please call: 044 387 39 55

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