



## Patient Information

### Preparation for a colonoscopy with Colophos

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 Colophos, 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 first bottle of Colophos. Additionally, the patient has to drink at least two litres of clear fluids (e.g. tea, bouillon, apple juice, sirup, NO coffee). Until 9 pm at the latest, the patient should have taken the full amount of Colophos.**

Hint: To improve the taste of Colophos, drink it ice-cold.

The patient will have diarrhoea after 1–3 hours.

#### On the examination day:

The patient has to drink the second bottle of Colophos 4 hours prior to the examination in addition to two litres of clear fluid (e.g. examination at 10 am = drink the second bottle Colophos at 6 am). 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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