



OPTIMAL PREPARATION

for colonoscopy

WHY THIS INFORMATION?

Your doctor has recommended a colonoscopy for you. Maybe this examination is carried out as part of a colorectal cancer screening or maybe because you have actual complaints.

For the endoscopic examination of the bowels, also called colonoscopy or coloscopy, the bowels must be completely free from solid matter.

Why?

This information will help you understand why clean bowels are so important for a colonoscopy. We want to give you advice that will help you with the gentle and effective bowel cleansing required for this procedure. We give you general recommendations about what you should drink and eat and at what times and what you should avoid prior to the examination.

Clean bowels = good visibility

Only if the bowels are clean, does the doctor have excellent visibility during the investigation and can detect possible tissue changes in your bowels.

If you have any questions, please contact your doctor.

WHAT IS A COLONOSCOPY?

A colonoscopy is the endoscopic examination of the bowels (also called colon).

For the examination, a thin, flexible tube, the endoscope, is inserted through the rectum into the bowel. Inside the tip of the tube is a tiny camera and a light. This illuminates the bowels and the doctor can see on a screen what the bowel looks like from the inside.



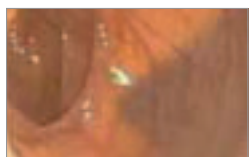
First, the endoscope is advanced until the end of the bowel. Then the doctor slowly withdraws it, looking carefully at the bowel lining.

Through the endoscope, the doctor can introduce small instruments into the bowel, such as tiny forceps, to remove polyps and take tissue samples.

The examination is usually carried out under sedation and is not painful. The colonoscopy typically last about 20 to 30 minutes.

WHY ARE CLEAN BOWELS SO IMPORTANT?

With clean bowels, the lining is pale pink and glossy. Tissue changes are usually easy to identify.



Clean bowels = good visibility



Unclean bowels = poor visibility

After the bowels have been cleansed successfully, they are as clean as in the image on the left.

When the bowels are clean, it is not only easier for the doctor to advance the endoscope until the end of the bowel, but he can now also properly assess the intestinal mucosa.

As food residue obstructs the view in the bowels during the investigation, a thorough cleansing of the bowels is required.



THE BOWEL CLEANSING

To prepare for the examination, your doctor will give you:

- detailed information about the examination.
- individual instructions for preparation,
- a bowel cleansing preparation such as PICO PREP® as well as
- instructions on food and drink.

Please follow your doctor's recommendations as closely as possible. If you have questions, or are insecure, call your doctor.

Drinking sufficient liquids helps with the flushing out and cleansing

In addition to taking an effective, nice tasting bowel cleansing preparation, it is important that you stay well hydrated. For the cleansing process the bowels need fluids.

The bowels of an adult are about 8 meters long and have a surface area of approximately 400-500 m². This is the area of approximately 1,000 towels.



It now becomes clear why it is necessary to drink sufficient amounts of fluids to cleanse your entire bowels.

BOWEL CLEANSING & DRINKING

It is recommended that you drink as much as possible on the day before the examination. All light and clear liquids are allowed, for example water, soft drinks or clear isotonic sports drinks.

Avoid dark and cloudy beverages such as coffee, black tea, red or cloudy fruit juices. These drinks may make it difficult for your doctor to view your bowels.



What is a clear liquid?

This example will clarify the difference between liquids that are clear and those that are not:



You cannot read the newspaper
Do not drink.

You cannot read the letters.
Do not drink.

You can read the letters. This means:
You can drink it.



CHECKLIST

I have carefully read this flyer	<input checked="" type="checkbox"/>
I have discussed with my doctor the medication I need to take on a regular basis.	<input checked="" type="checkbox"/>
My doctor has given me the bowel cleansing preparation.	<input checked="" type="checkbox"/>
Five days before the colonoscopy	
Stop eating meals containing whole grains.	<input checked="" type="checkbox"/>
Three days before the colonoscopy	
Stop eating lettuce, peppers, spinach, etc.	<input checked="" type="checkbox"/>
One day before the examination	
Follow the dietary instructions of your doctor.	<input checked="" type="checkbox"/>
No more food from midday.	<input checked="" type="checkbox"/>
Drink only clear liquids.	<input checked="" type="checkbox"/>
Follow your doctor's instruction for bowel cleansing.	<input checked="" type="checkbox"/>
Regularly drink large amounts of liquids.	<input checked="" type="checkbox"/>
On the day of the examination	
Drink only clear liquids.	<input checked="" type="checkbox"/>
Call your doctor, if you have problems with the cleansing procedure.	<input checked="" type="checkbox"/>

Clean bowels help the examination.



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FIVE DAYS BEFORE THE EXAMINATION

In the week prior to your colonoscopy, you can basically follow your normal diet. However you should avoid foods with whole grains such as cereals, whole-grain bread or whole-grain bread rolls, tomatoes, grapes, kiwis, or cucumbers.

Medication

If you regularly take medications, such as for blood-thinning, you should talk with your doctor, whether and how you should take this medicine in the week prior to your colonoscopy.

Iron supplements

Iron supplements may make it difficult for your doctor to view your bowels. Please discuss the taking of supplements with your doctor.

THREE DAYS BEFORE THE EXAMINATION

Three days before the colonoscopy, you should stop eating food that may affect visibility for the colonoscopy. These foods include lettuce, peppers, mushrooms, onions and spinach.

Light fare and lots of liquids

You should now eat only light fare, such as pasta not made from whole-meal, rice, potatoes or bread and increase your fluid intake – you are now well prepared for the upcoming examination.

Good preparation helps to cleanse your bowels

Take time and prepare for the cleansing of your bowel. Get a variety of different drinks. This should help you to drink the required amount of liquid.

THE DAY BEFORE THE EXAMINATION

Breakfast

On the day before the colonoscopy you can eat a light breakfast – but no whole grains, please.



Lunch

For lunch you can eat a clear broth (without pasta, herbs, etc.).

No dinner

You should not have dinner and you should refrain from eating until after the examination.

The bowel cleansing

Your doctor will inform you how and when you should take your bowel cleansing preparation.

After taking the bowel cleansing preparation, you should drink plenty of liquid. Please follow your physician's instructions in doing so.

THE DAY OF THE EXAMINATION

On the day of the examination, you should not eat until after the examination and drink only clear and light liquids.

A few hours before the examination you should stop drinking liquids. Your doctor will inform you, when you should stop.

If all goes well, your bowels are already clean some hours before the examination. This will be the case once you start passing clear liquids only and no solids.

When is bowel cleansing a success?

After successful bowel cleansing, your stool should be liquid, bright and clear, without solid constituents – just like urine. If your stool still contains small bits or is still brown, your bowel cleansing is not finished.



Dark and murky.
Not successful



Bright orange and almost clear.
Nearly there.



Yellow and clear.
Well done. Success!

FERRING

ARZNEIMITTEL

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