



Patient information on colonoscopy

Dear patient,

Your **examination date** is on the _____, of _____ at _____ o'clock.
Please contact us in time (at least 3 days before), if you can not make it to the examination date.

To be brought along: 1) a large bath / sauna towel
2) two normal sized towels
3) replacement underpants

Patient preparation for colonoscopy:

3 days before the examination please do avoid the otherwise recommended fiber-rich diet (whole grain products, cereal, legumes, tomatoes and core fruit (e.g. grapes, strawberries, kiwi)

Instead: easy digestible food as e.g. white bread, noodles, soups, eggs

Emptying the intestine:

For colonoscopy the intestine must be completely emptied. The better you prepare the intestine, the more accurate the result.

The day before the examination:

Please take the last fixed meal to you at noon, afterwards please do not eat anything!

It is important to drink a lot during the whole day – **2-3 liters of non-carbonated (!) liquid:** water, clear juices, clear broth, vegetable broth or tea.

Drink at 7 pm in one liter of cold tap water / still water the resolved Moviprep-laxation solution (bags A and B) in about an hour, then stay near a toilet.

On the examination day:

Drink the second liter Moviprep **4 hours before the examination date**, that is at ____ o'clock. Also on the day of the examination the drinking of additional liquid is allowed up to 2 hours before the examination.

If, however, on the same day a gastroscopy takes place, please do not drink after the second liter laxation solution.

Please do not drink coffee before the examination.

After emptying the intestine completely only a **clear yellow liquid** emerges from the intestine. **If this is not the case, you should come to the examination earlier and then inform us at the reception!**



Wear **comfortable clothing** on the day of examination (no tight trousers or skirts). If you get your menstrual bleeding during the days before the examination or on the day of the examination, the examination can nevertheless be carried out without problems (tampons or sanitary towels can be used.).

If difficulties occur during bowel movements at home (severe nausea, vomiting, circulatory problems) please contact us immediately in the morning in our practice, for further proceedings.

You can reach us from 7:15 a.m. by telephone (0711- 480626)

In **colonoscopy**, a thin, flexible, optical instrument (colonoscope) is inserted into the intestine via the anus, to examine the colon and if necessary parts of the small intestine. It is a very safe method to recognize diseases of the lower digestive tract (especially colorectal cancer).

Additional instruments (biopsy forceps) allow tissue samples to be taken painlessly for a microscopic examination. Polyps – found during the colonoscopy – (primarily benign growths of the colon, which can degenerate and lead to colorectal cancer), which are discovered in 25% of all over 55-year-olds, are removed as far as possible with the help of an electric sling in the same session while the removal site is shredded.

As pain can occur during the examination, you have the possibility to get a calming / injection against pain / short anesthesia. You will get a dosing cannula placed in a vein of the arm to get medication. You will be carefully monitored throughout the examination.

Please note in case of sedative injection / short anesthesia:

It is only on the day after the examination that you can actively participate in road traffic. Therefore, you should organize an escort / pickup by relatives / friends. We are happy to call you a taxi after the examination. Do not work on running machines after the test, do not make any important private or business decisions. If necessary, you will receive a certificate of incapacity for work.

The examination usually takes up to 20 minutes, in individual cases (e.g. at a polyp removal) or even longer, however, you should plan to spend approx. 2 hours in practice.

If unexpected problems occur after the examination (stomach pain, fever, blood flow through the intestine), inform us immediately at the number of the physician's office (0711-480626).

After a successful **polyp removal** you receive the mobile phone number of the examiner, in order to be able to contact us for help at any time in case of complications. In case of non-availability, please contact the health care center of the Karl-Olga-hospital (telephone number: 0711-26390)

After the examination a discussion with the doctor takes place on the result of the examination and you can usually eat and drink again.