

GUIDE TO COLONOSCOPY

A colonoscopy is an endoscopic examination of the entire colon (large intestine). It is carried out using a long flexible hose (colonoscope), which is inserted into the rectum and then further into the colon.

The examination may reveal changes in the gut mucosa and at the same time, tissue samples (biopsies) may be taken and polyps removed for further investigation by microscopy.

Preparation for the procedure:

The required prescriptions (Picoprep and Toilax) have been electronically transferred to your Health Care Card and are available free of charge from the pharmacy of your choice.

If you use blood thinning medication, please notify the clinic as soon as possible. This is important, since you may need to stop taking this medication, until the procedure has been completed.

3 days before:

You are advised to eat a light diet (like meat, fish, salad, rice, pasta or bread without grains) and drink plenty of liquids, however, no dairy products (including milk in coffee and tea). You can take any daily medication – avoid iron supplements/pills.

2 days before:

Only consume a light diet. Drink plenty of fluids (water, apple juice, clear juice, soda, coffee/ tea (NO MILK), light beer, broth and clear soup). You must take 2 Toilax-pills in the morning at 7.-9. am and 2 Toilax-pills in the afternoon.

The day before:

No solid food. Drink plenty of fluids as the day before. At 7-9 am: Ingest 1 packet of Picoprep. The second packet at 5 p.m. The powder is dissolved in a glass (min. 120 ml.) of water or apple juice. Immediately after this, drink an additional minimum ¼ liters of clear liquid. For the rest of the day, drink a minimum 1 liter of liquid.

On the day:

No solid food. In the morning, until 2 hours before the examination, you may drink clear liquids. After that, do not consume anything at all.

Expect around 1 hour for the medical procedure. You will have sedative medication and no pain will be felt. However, you are not able to drive for the following six hours. It is therefore recommended, that you either arrange for someone to pick you up from the clinic or make a taxi arrangement.

After the procedure:

In rare cases a perforation of the intestine may occur. In case of severe abdominal pain, bleeding from the rectum and / or fever, you should immediately contact the clinic, an emergency doctor or an emergency room at a hospital.