

Patient instructions for gastroscopy and colonoscopy using Colonsteril laxative solution

Gastroscopy refers to the examination of the esophagus, stomach and small intestine with a flexible endoscope. The examination is performed with the patient lying on their left side. The examination takes around 10 minutes. During the endoscopy, mucous membrane samples are taken; taking the samples is painless.

Colonoscopy refers to the examination of the entire large intestine up to the caecum or the end of the small intestine. The endoscope is a flexible tube through which mucous membrane samples can be taken and procedures performed, if necessary. **It is important that the bowel is well emptied, so that it can be reliably examined**

Buy 4 bottles of **Colonsteril laxative solution from the pharmacy**. Follow the preparation instructions below, **NOT** the instructions on the Colonsteril package.

For one week before the examination

Do not eat berries, fruit, vegetables, or bread containing whole small seeds. The seeds can block the endoscope. Try to ensure that you empty your bowels daily for a week before the examination. If necessary, use constipation medication available at pharmacies.

On the day before the procedure

Eat only broth-like foods (e.g. gruel, broth, puréed soup) or food supplement drinks found at pharmacies. Solid food must not be eaten.

Examination time before 11:00: drink **3 liters** of the laxative solution.

Examination time after 11:00: drink **2 liters** of the laxative solution.

Start drinking the laxative solution in the afternoon and drink approximately one liter per hour. In addition, drink other **energy-rich** fluids (e.g. coffee or tea, juice, lemonade, broth). The laxative solution is not absorbed through the bowel, nor does it provide nutrition, but cleanses your bowels. Exercise helps to empty your bowels. Irritated skin around the anus can be treated by spraying and moisturizing.

On the examination day

Examination time before 11:00; drink **1 liter** of the laxative solution approximately 2-3 hours before the examination. **Examination time after 11:00;** drink **2 liters** of the laxative solution during the morning. In addition, other **energy-rich** fluids must be consumed.

Stop drinking two hours before the examination.

If you are taking

1. Insulin: see separate instructions
2. Iron medication: pause it for one week before the examination
3. Marevan: take the medication as usual according to the current instructions. Take an INR blood test 1-2 days before the examination. The referral is ready at the laboratory.
4. Pradaxa, Eliquis, Lixiana and Xarelto should not be taken on the morning of the examination.
5. Other regular medications may be taken as usual.