

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 of medication available at pharmacies.

Medication Instructions

Blood Thinners (Anticoagulants / Antiplatelet Medications)

- If you have not received instructions about stopping your medication, **please call** the unit that sent your appointment letter **no later than one week before the procedure**.
- Blood thinners include, for example: **Marevan[®], Plavix[®], Eliquis[®], Clopidogrel[®], Xarelto[®], Pradaxa[®], Klexane[®], Inhixa[®], Brilique[®], Lixiana[®]**.
Please ask for instructions about continuing these medications after the endoscopy.

Diabetes Medication

- Do **not** take your diabetes tablets on the evening before the endoscopy or on the morning of the procedure.
- If you use insulin, contact your diabetes nurse or doctor regarding a possible reduction of your insulin dose. Long-acting insulin may need to be reduced slightly, for example by **10–20%**.

- During bowel preparation, the fluids you drink should also contain **carbohydrates** (e.g. sugary juice), **not only water**.

Iron Supplements

Iron supplements must be stopped **one week before the procedure**, as they can discolor the bowel mucosa and interfere with the examination.

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.