

Preparation for colonoscopy with Clensia®

Good preparation is essential for a safe and meaningful examination of the colon. The aim is to completely empty the stool in the colon.

We ask you to read the following instructions carefully and follow them carefully later in preparation for the examination.

3 days before the examination

- > Avoid: Fruits, vegetables, Bircher muesli, seeds, mushrooms, whole grain and cereal products, salad
- > Eat only low-fibre food (white bread, margarine/butter, honey, meat, eggs, fish, pasta, potatoes) without peel, dairy products)

The day before the examination

- > Drink plenty of clear fluids throughout the day: water, tea, broth, etc.
- > You can still have a light meal until 1 p.m.
- > From 1 p.m.: Don't eat anything, but drink as much as possible. Water, tea, coffee without milk, clear bouillon, syrup, iced tea, apple juice (clear, fiber-free juices).
- > Between 4 p.m. and 6 p.m.: 1 liter of Clensia® (mix 2 sachets A + 2 sachets B in 1 liter of water) drink it slowly, sip by sip, in about 1-2 hours. In addition, drink at least 0.5 liters of clear liquids. It can take several hours until the first bowel emptying.

On the day of the examination in the morning

- > Repeat the procedure with Clensia®: 1 liter of Clensia® (mix 2 sachets A + 2 sachets B in 1 liter of water) drink it slowly, sip by sip, in about 1-2 hours. In addition, at least 0.5 liters of clear liquids.
- > You should have completed the intake at least 2 hours before the examination and then don't drink anything until after the examination.

Advice for taking the solution

- > Drink the solution ice cold, straight from the refrigerator.
- > You can also add syrup or lemon juice.

Medication

In the case of examinations in the morning, the morning medication should be taken after the examination. For examinations in the afternoon, the morning medication may be taken in the morning.

Recommendations for the examination day

- > If you need blood thinners, diabetes medication/insulin or antiepileptic drugs, clarify the correct intake early with your family doctor or with us.
- > If you are prone to constipation or hard stools, take 2 Movicol sachets daily for five days before the colonoscopy.
- > If you are prone to nausea, take a medication 30 minutes before laxative therapy for nausea (e.g. Motilium®).
- > It is an advantage if you wear a T-shirt with short sleeves during the examination.
- > After colonoscopy, driving and operating heavy machinery is not possible for 12 hours.
- > If you are unable to attend, you must cancel 48 hours in advance. Appointments that have not been cancelled will be charged.
- > If you have any questions or uncertainties, please call us on 041 729 40 30.