

# Colonoscopy

## Bowel emptying for colonoscopy

In order to be able to examine the mucous membranes of your intestine properly, it is important that the intestine is empty. Please buy some CitraFleet or Picoprep at a pharmacy (they are prescription free). Do not use this medicine as suggested on the packaging. Instead, follow the instructions provided here.

**Important:** Do not use iron supplements or eat whole-grain bread, flaxseed, fruit/berries containing small seeds and similar foodstuffs for **the last five days** before your appointment, as this will make the procedure difficult to perform.

## The day before the examination

You may eat a light meal early in the morning. Do not eat anything for the rest of the day. You may drink clear liquids such as water, coffee, tea, mineral water and broth only. Do not eat any dairy products or drink milk, fruit juices with pulp or berry juices. Berry juices may colour the contents of your intestine.

***If your appointment is before 12:00 (12 noon):***

**Take your first dose between 14:00 and 16:00 the day before the examination.**

**Take your second dose between 20:00 and 22:00 the day before the examination.**

***If your appointment is after 12:00 (12 noon):***

**Take your first dose between 20:00 and 22:00 the day before the examination.**

**Take your second dose early in the morning of the day of the examination.**

## First dose

Mix the contents of one bag in a cup with 1.5 dl of cold water. Stir for 2-3 minutes.

The water will become cloudy. Drink it.

Between the first dose and the second dose, drink 2-3 litres of clear liquids.

## Second dose

Mix the contents of one bag in a cup with 1.5 dl of cold water. Stir for 2-3 minutes.

The water will become cloudy. Drink it. Afterwards, drink 2-3 litres of clear liquids.

## On the day of the appointment

Drink plenty of clear liquids until your appointment time.



Lovisenberg Diakonale Sykehus

Koloskopi 01.2020 Engelsk

Lovisenberg Diakonale Sykehus

Medisinsk poliklinikk

Lovisenberggt. 17

Telefon: 2322 5720



## Important!

- You must empty your bowels before the procedure. If your bowels are not properly emptied, the procedure may not yield any relevant information, or be incompleteable. Please see the relevant section in this brochure.
- You must make some changes to your diet the last five days before the examination. Please see the relevant section in this brochure.
- If you use blood thinning medication, you may need to temporarily stop using these. Please see the relevant section in this brochure.



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## What is a colonoscopy?

Colonoscopy is an examination of the large intestine by way of a flexible catheter that is inserted into the colon. It can reveal any changes to the large intestine, tumors or polyps on the mucous membrane.

## Preparations

1. **Bowel emptying:** See the last page.
2. **Food and drink:** See the last page.

## Medications and other diseases

- You must inform us of any medications you have a history of adverse reactions to, any heart conditions you may have - such as angina (angina pectoris), and any hemorrhological issues (such as bleeding easily). This may affect our choice of procedure.

## Medications that may affect bleeding duration:

- If you use **Albyl-E**, you may continue taking this up until the day of the examination unless told otherwise.
- If you use **Plavix, Brilique or Efiend**, please contact us prior to your appointment.
- If you use **Xarelto, Eliquis or Pradaxa** you should stop taking it two days prior to the examination.
- If you use **Marevan**, you should stop taking it three days before the examination. You must also have your INR level checked at our laboratory prior to the examination. You must then arrive minimum one hour before your appointed time and contact the reception desk at Medisinsk poliklinikk (our medical outpatient clinic) so that this can be arranged.
- If you have previously had surgery to have a mechanical heart valve inserted, you must contact us as soon as possible so that a change in medication from Marevan to Fragmin can be arranged.

## The examination

The procedure is normally completed in 15 to 45 minutes. You may experience uncomfortable gas pain during the examination. If you need calming or pain relieving medication, you will receive this through a cannula inserted into your arm. You must arrive 20 minutes before your scheduled appointment time in order to have the cannula inserted.

## After the examination

If you have received sedatives, you must rest at the clinic for one to two hours after the examination. You may not drive motorized vehicles for the rest of the day.

The referring doctor will be notified of the results of the examination some time after the appointment. If tissue samples were taken, the referring doctor will be notified of the test results after 4-8 weeks.

Please bring some food that you can eat after your appointment.

You can request a written statement confirming that you have been to this examination. However, a sick leave form (sykemelding) will not be issued by our staff.

## Complications

Complications after this procedure are rare. However, if tissue samples have been taken or a polyp has been removed, there will be a small wound in the mucous membrane. Bleeding is rare, but may happen as late as three to four days after the examination. The bleeding will normally stop by itself.

If damage to the intestine wall is suspected, please contact your local doctor (fastlege) or call the hospital reception desk (tel. 23 22 50 00) and ask for the physician on duty at the medical clinic (vakthavende lege, medisinsk klinikk).