



Preparation for colonoscopy with EZICLEN

Dear patient,

Please read this information carefully.

Your examination date is on _____ at _____

Please note:

Blood-thinning medication such as ASS, Plavix, Marcumar and others should be stopped before the colonoscopy. Please discuss this with your family doctor ("Hausarzt") and let our practice staff know.

Please also let us know if you suffer from kidney disease. In this case you will be given a different laxative.

For a colonoscopy it is important that the intestine is thoroughly cleared. You can tell by the fact that the contents of the intestines in the toilet are completely clear and possibly yellowish in colour. Please contact the practice if this is not the case for you.

To prepare for the colonoscopy, you need to pay attention to your diet.

5 days before the colonoscopy:

Eat

- **no fruit,**
such as e.g.: grapes, strawberries, raspberries, cherries, apples, pears, oranges (i.e. any type of fruit), fruit juices with pulp, grated coconut
- **no vegetables,**
such as e.g.: peppers, cucumbers, tomatoes, asparagus, all types of lettuce, all types of cabbage, mushrooms, leeks, onions, garlic, legumes (peas, beans, etc.), beetroot, olives, bean sprouts, bamboo and other vegetables
- no whole grain products,** such as e.g.: nuts of all kinds, wholemeal bread, wholemeal products (except wholemeal pasta), crispbread with sesame or coarse fiber content, flaxseed, sesame seeds, sunflower seeds, pumpkin seeds, pine nuts etc.



Allowed food:

- all kinds of meat, poultry, fish, sausage
- potatoes, dumplings, noodles (pasta), eggs, butter, honey
- cheese, dairy products, but without fruit inserts or grains
- dextrose, sugar
- farmhouse bread, mixed rye bread, white bread, baguette, croissant, white bread roll, toast (but not 3-grain or multi-grain toast), puff pastry products (but without fruit and vegetables)

One day before the examination:

Eat a light breakfast. After that, please do not eat any more solid food. Instead, drink plenty of clear liquid (e.g. tea, clear meat broth, clear juice, water).

Please do **not** eat or drink milk or milk products (e.g. yoghurt, quark), red wine or reddish drinks (e.g. beetroot juice) or coffee.

The day before the examination from 4 p.m.:

Pour a bottle of Eziclen into the measuring cup provided. Add water to the medicine until the liquid reaches the line marked on the measuring cup. Slowly drink the entire contents of the measuring cup over the next 30 to 60 minutes. In the following hour, please drink two more measuring cups full of water or clear liquid.

After 1-2 hours, the bowel movements will begin.

On the day of the examination, about 4 hours before the appointment:

- Pour the second bottle of Eziclen into the measuring cup provided. Add water to the medicine until the liquid reaches the line marked on the measuring cup. Slowly drink the entire contents of the measuring cup over the next 30 to 60 minutes. In the following hour, please drink two more measuring cups full of water or clear liquid.
- After drinking, please chew the 2 enclosed Espumisan tablets (defoamers).

If something doesn't work out with the preparation (e.g. vomiting), please phone us as early as possible in the practice or come right away at 7.30 a.m. and we will help you with the preparation.



- Wear loose and **comfortable, wide clothing** (no tight jeans) and **socks**.
- Please bring a **blanket or towel** with you so that we can cover you up.
- If you require sedation, **do not come to the examination with your own vehicle** (car, bicycle, etc.). After sedation (calming injection) your ability to drive or ride is no longer guaranteed on the day of the examination. After the examination, you must remain in the practice for another hour and be picked up by an attendant or a taxi.
- If necessary, you will be issued with a sick note (“Arbeitsunfähigkeitsbescheinigung”) for the day of the examination.
- The result of the examination will be communicated to your family doctor. Therefore, make an appointment with your family doctor in about 14 days.
- Please leave valuables at home. The practice assumes no liability for loss.

After the examination:

If you are not advised otherwise, you can eat and drink again after the examination – but initially no flatulent food and no carbonated drinks. Bloating is common after the examination and will subside after a few hours.

If you are taking medication:

Tell us about any medications you take regularly. Intestinal cleansing can flush medication out of the intestine and thus render it ineffective.

If you are taking birth control pills, please note that the laxative may make them ineffective. You should still take the pills regularly. However, please use alternative methods of contraception in your current cycle (e.g. condoms).

Note on the duration of the appointment:

Because the time required for a colonoscopy may vary significantly (15-60 minutes), delays to appointments may occur. Therefore, please allow sufficient time.

If you are unable to keep the appointment, we ask that you notify us by telephone on (0841) 99 355 422.