



DAY CLINIC & ENDOSCOPY

Rudolfinerhaus Privatklinik GmbH
Billrothstraße 78, A-1190 Vienna

T +43 (0)1 360 36-6451
tagesklinik@rudolfinerhaus.at

PREPARATION FOR COLONOSCOPY

Dear patient,

you have made an appointment for a colonoscopy. In order to provide the safest and highest quality examination possible, it is necessary for you to follow the measures below exactly.

A clean **bowel** is the most important prerequisite for optimal assessment of the intestinal mucosa. This is the only way to ensure that polyps or possible changes in the intestinal mucosa can be detected. If the bowel is not sufficiently clean, the examination may have to be cancelled.

NUTRITIONAL RECOMMENDATION

1 WEEK BEFORE THE EXAMINATION

Please **avoid foods containing seeds** (grapes, tomatoes, kiwis, etc.) for at least one week before the examination.

3 DAYS BEFORE THE EXAMINATION

At least 3 days before the examination, please change your diet to an **easily digestible, low-fibre diet**.

BENEFICIAL: soups, potatoes, rice, pasta, soft-boiled meat or fish,
cooked vegetables without peel, bread without grains, compote

UNFAVOURABLE: wholemeal products, leaf lettuce, tomatoes, peppers, mushrooms, onions,
asparagus, cucumbers, pulses, cabbage, poppy seeds, nuts, fruit with seeds
(berries, kiwi, grapes, ...), dairy products, high-fat breaded foods, high-fibre meat

ON THE DAY BEFORE THE EXAMINATION

The day before the examination you can have a light breakfast (e.g. white bread or bread roll with butter). Afterwards, only clear soups (without chives or garnish) and drinks are allowed, **no solid food!**

BENEFICIAL: clear, non-carbonated drinks (water, tea, isotonic drinks, diluted juices without pulp)

UNFAVOURABLE: dark, red drinks (coffee, red wine, grape juice, ...), cloudy drinks (such as naturally cloudy juice, nectar juice, nectar), milk, vegetable juices, smoothies

ON THE DAY OF THE EXAMINATION

On the day of the examination, only light-coloured, clear liquids are permitted, **no solid food!** You must not drink anything 2 hours before the colonoscopy. If a gastroscopy is also planned, you must not drink anything 3 hours before the examination.



BOWEL PREPARATION

Depending on which laxative your doctor has prescribed for you, please start the bowel cleansing programme in good time (according to the instructions in the package insert or the doctor's instructions). The aim is clear, **light-coloured stool water!**

All common variants are similarly effective, provided they are taken in **divided doses**. The following table shows you an optimal intake schedule, unless your doctor has recommended otherwise.

EXAMINATION TIME	1. SACHET	2. SACHET
8:00 am–11:00 am	2:00 pm on the day before	6:00 pm on the day before
11:00 am–2:00 pm	6:00 pm on the day before	5:00–8:00 am on the day of the exam
2:00 pm–4:00 pm	5:00 am on the day of the exam	9:00–11:00 am on the day of the exam

Please ensure that you drink at least **2 litres of clear liquid** of your choice after each sachet. This removes all solid components from the bowel and prevents the body from becoming dehydrated (the bowel irrigation solution is not absorbed by the body but draws fluid from it).

SEDATION

Colonoscopy is usually performed under twilight sedation. For this purpose, a drug is administered into your vein. After sedation, **you must not drive a vehicle or operate machinery for 24 hours and you should not make any important decisions!** We strongly recommend that an adult accompanies you or picks you up after the examination.

TAKING MEDICATION

If you regularly take medication, please discuss with your doctor **in good time** whether you can continue to take it as usual during bowel preparation or whether a break or change is necessary. **If you are taking medication that affects blood clotting** (e.g. Marcoumar, Sintrom, Plavix, Clopidogrel, Brilique, Efiend, Pradaxa, Lixiana, Thrombo-ASS, ...), it may be necessary to change the medication you are taking in order to reduce the risk of bleeding during/after the examination.

GENERAL INFORMATION

If you have already received **information sheets** from your doctor, please **bring these completed and signed with you to your examination.**

If you are unable to attend your planned examination appointment, please **cancel** as early as possible, but **no later than 24 hours before** the examination:

- by phone at (01) 360 36-6459 or
- by e-mail at tagesklinik@rudolfinerhaus.at

On the day of the examination, please arrive at the Rudolf Finerhaus **30–60 minutes** before your scheduled appointment and **report to the Outpatient Admission**, where we will record your details and register you for the examination. After registration, please come to the **Day Clinic & Endoscopy on the ground floor.**

We endeavour to make your stay as pleasant and smooth as possible and wish you all the best!