

Preparation for colonoscopy (intestinal examination)

General information

The aim of optimal preparation is to free the colon of all stool residues. Good bowel emptying is the prerequisite for good examination quality. Studies have shown that with good preparation, more polyps were found in the intestine and the quality of cancer prevention is better.

A good preparation is YOUR CONTRIBUTION to a high-quality examination! Please take the following instructions seriously and prepare yourself like you would for a “sports competition” that you want to win.

The day before

Everything you eat that day must be completely digested and leave your body on the same day. The less you eat, the better.

In the morning you can have a light breakfast (white bread, rolls, jam, ham, cheese). Please do not eat fruit, vegetables or whole grain pastries. Poppy seeds or other pastry seeds are also undesirable!

At lunchtime, a little liquid food such as ice cream, smooth yoghurt or clear soup is still allowed.

In the afternoon (from 4 p.m. to 6 p.m.) at least 2 liters of intestinal lavage solution (Endofalk, add 0.5 liters of water per packet, 6 packets in total) must be drunk within 2 hours, preferably at quarter-hour intervals - a quarter of a liter each. The solution tastes better when it is chilled; diluting juice concentrate (or clear fruit juice) can also be added. You should do some physical exercise during this time (walking around the apartment, climbing stairs) so that digestion gets going.

Since the intestinal lavage solution to be administered is not absorbed by the body, there is a risk of dehydration. That's why you have to drink at least 1 liter of water or tea!!!!

A third liter of intestinal lavage solution should be drunk before 8 p.m., so a total of 4 liters (3 liters of Endofalk and 1 liter of water). At this point, the feces should be watery and only slightly colored. If this is not the case, please drink another liter of tap water at this point and move your body.)

On the day of the examination, you are allowed to drink clear water up to 2 hours before the start of the examination.

Patients who request or require sedation during colonoscopy must not drive a motor vehicle for 24 hours.

If you need to change your intake of medications that affect blood clotting - e.g. Marcoumar, Sintrom, ThromboAss, Plavix, Heparin, Xarelto, Lixiana, Eliquis - please discuss it with your referring doctor. Non-essential medications should generally not be taken on the morning of the day of the examination. In the case of diabetes and other special situations, you should consult your doctor.

It should be borne in mind that the birth control pill may not be effective enough. Therefore, additional contraceptive measures should be taken during the current cycle.