

Colonoscopy — preparation the day before the procedure (Picoprep)

Dear patient,

You are scheduled to have a colonoscopy. We kindly ask you to prepare for your colonoscopy procedure as follows.

Three days before examination

Three days before the colonoscopy **STOP** eating fiber-rich foods. Avoid foods with seeds (e.g., grapes, kiwi, whole grain products such as bread or cereal, corn), foods with peel (e.g., apples, tomatoes, grapes, legumes) or fibers (lettuce, asparagus, cabbage or tropical fruits).

One day before examination

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| till 11:00 am | As on three previous days you may consume only low-fiber foods, e.g., bread without grains, spreadable fats, cheese, sausages, honey, yogurt, curd, jam without fruit cores and seeds, eggs, fish, meat, potatoes, rice, pasta, cooked vegetables, peeled fruits, etc. At 11:00 am you have to stop eating and start drinking only <u>clear</u> liquids such as water, tea, juice (without pulp, no red juices) and clear broth (without solids!). |
| ca. 02:00 pm | Please prepare the first glass of laxative solution. Dissolve the content of a bag in a glass of water (approx. 150 ml) stirring for 2 – 3 minutes. Be careful, the liquid may heat up. Drink the mixture rapidly and after waiting for about 30 minutes drink again 3 litres clear liquids in several portions. The watery stool appears within 1 – 2 hours after you start drinking. Therefore please remain within easy reach of toilet facilities. |
| ca. 06:00 pm | Please drink the content of the second bag of laxative solution, dissolved in a glass of water (approx. 150 ml). This should be followed by at least 1 to 2 litres clear liquids of your choice.
Possibly setting in hunger may be reduced with sugary drinks such as apple juice, sweetened tea or with clear broth. |

The day of the examination

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| 8:00 am – 02:00 pm | Depending on the time the procedure is scheduled, your colonoscopy will take place in this period of time.
Where necessary please bring a pair of warm socks and a towel along. |
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Should you feel very thirsty you may modestly drink liquids up to maximum 2 hours prior to the examination (1 glass of water).

Medications

If you regularly take blood pressure medications, blood thinners, contraceptive pills, drugs containing aspirin or if you are a diabetic, your doctor will advise you individually on how to take medication before examination.

This information sheet in German can be found under the following link:

<http://www.citypraxen.de/fuer-patienten/formulare/>