

# Preparation for CT Colonoscopy

## Your appointment:

Dear patient,

In order to do a colonoscopy it is necessary to have a full lavation of your bowel. Only with a fully cleaned bowel it is possible to perform an exact examination of the inner gut walls. Please attend the following preparation instructions. The preparation begins the day before the examination. However you shouldn't eat any food with wholemeal or seeds such as Muesli, vegetables or fruits with seeds (for example tomatoes or grapes etc.). Also please resign from eating food which swells like flaxseed, wheatbran etc.

As abstergent agent we will give you a pack of FLEET PHOSPHO-SODA.

## PREPARATION DAY

The whole day before the examination it is required to drink a lot of water.

Easily digestible breakfast with tea/coffee

After the breakfast pour one of the FLEET-bottles (45ml) in a glass of juice, tea or water (120-240ml) and drink it. Afterwards please drink half of the bottle "Peritrast".

Easily digestible lunch (soup, rice, no meat!)

**AFTERWARDS NO MORE FOOD, ONLY CLEAR LIQUIDS** (for example: clear soups, fruit juice without pulp, camomille- or fennel tea, non sparkling lemonades). Pieces of grape-sugar and plain yogurt are permitted. Don't drink dark liquids (especially coke and coffee-milk is also prohibited).

## 18.00

**Instead of diner** you should drink at least 1liter of clear liquids. Pour the second FLEET-bottle (45ml) in a glass of juice, tea or water (120-240ml) and drink the solution. Afterwards drink the other half of the bottle "Peritrast" and again another liter of clear liquids. The more you drink till the examination the better.

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**IMPORTANT:** FLEET activates strong gut motility and brings strong defecation within 30 minutes to 6 hours. During this period of time it's recommended to stay near a toilet.

You can take your usual medicaments normally but only until at least 1 hour before taking the abstergent agent.

If you are diabetic, a special accommodation to the medication is necessary. Details should be discussed.

All in all the effectiveness of medicaments (including birth control pill) can be impaired

## **EXAMINATION DAY**

Instead of breakfast please drink at least two glasses of clear liquid. The more you drink till the examination the better.

**Please contact us as soon as possible if you can't make it on the examination date!**

For questions concerning the CT colonoscopy-preparation please don't hesitate to ask us! We bestir ourselves to make the examination as comfortable as possible for our patients. After the examination you can instantly eat whatever you like. A diet is not necessary.

Kind regards

Your RIS-Pracitce-Team