

## **Endoscopic examination of the entire colon (Colonoscopy)**

Colonoscopy is a procedure performed using a long, flexible rubber tube (colonoscope), which is introduced through the anus into the large intestine. This procedure can help reveal changes in the mucous membrane of the intestine. Simultaneously, small tissue samples (biopsies) can be taken and polyps can be removed.

Please inform the doctor if you are taking blood thinners.

### **Prior to the procedure:**

The intestine needs to be clean and empty of feces/stools in order to be able to carry out the examination and obtain a clear picture of your rectum and intestine. It is therefore necessary to cleanse the intestine with Toilax tablets and Picoprep powder.

### **The procedure itself:**

When you arrive at the clinic, please use the toilet before the examination, even though you might not feel the need for it. Before we start the procedure, we will place a plastic cannula on a vein on your hand/arm, so we can administer a sedative or analgesic, should you want any.

In order to ease the passage through the intestine, it may be necessary to change the position of the body during the examination. Air is blown into the intestine to improve the image/visibility and this can cause some discomfort such as a feeling of oppression or pressure in the stomach. The procedure will normally last approx. 10-30 minutes.

### **Cleansing of the intestine:**

Important information about your diet prior to the examination: you need to avoid iron supplements, beetroots, grains and rich foods (foods containing a lot of fat) the last 3 days before the examination. A diet consisting of e.g., cooked/baked vegetables, boiled light meat (chicken or fish), rice, pasta, light bread (e.g. toast) or boiled eggs would be appropriate.

Follow these instructions (and NOT those found in the box):

### **2 days before the examination:**

**6 o'clock in the evening:** take 2 tablets Toilax (do NOT use the enema)

### **The day prior to the examination:**

If you have a morning appointment the next day before 13:

**8 o'clock in the morning:** take 2 tablets Toilax (do NOT use the enema)

From 3 o'clock this day and until 2 hours before your examination, you will need to be on a liquid diet, which means you can ingest all liquid foods, but preferably soup which has been thoroughly blended. Avoid milk products (you may though put a little milk in your coffee or tea or a little cream in your soup).

**3 o'clock in the afternoon:** take the first envelope PICOPREP

- Pour 150 ml cold water into a glass
- Pour the contents of the envelope into the glass
- Stir the solution for 2-3 minutes. The solution is ready when it no longer fizzes and it will be whiteish in color. It will become warm and this is normal. Drink the solution preferably within 15 minutes.
- Drink a large glass of clear liquid every hour during for the following 4-6 hours after each envelope. For example, you can drink water, thin energy drink, apple juice, broth, tea or coffee

**9 o'clock in the evening:** take the second envelop PICOPREP

After 1-3 hours, the cleansing process will start to work and therefore it would be advisable to be near a toilet.

You may/ you are welcome to eat a small meal 2 hours prior to your scheduled examination time.

**The day prior to the examination:**

If you have afternoon appointment the next day between after 1 o'clock in the afternoon:

**8 o'clock in the morning:** take 2 tablets Toilax (do NOT use the enema)

From 19 o'clock this day and until 2 hours before your examination, you will need to be on a liquid diet, which means you can ingest all liquid foods, but preferably soup which has been thoroughly blended. Avoid milk products (you may though put a little milk in your coffee or tea or a little cream in your soup).

**8 o'clock in the afternoon:** take the first envelope PICOPREP

- Pour 150 ml cold water into a glass
- Pour the contents of the envelope into the glass
- Stir the solution for 2-3 minutes. The solution is ready when it no longer fizzes and it will be whiteish in color. It will become warm and this is normal. Drink the solution preferably within 15 minutes.
- Drink a large glass of clear liquid every hour during for the following 4-6 hours after each envelope. For example, you can drink water, thin energy drink, apple juice, broth, tea or coffee

**On the day of your examination :**

**6 o'clock in the morning:** take the second envelop PICOPREP

After 1-3 hours, the cleansing process will start to work and therefore it would be advisable to be near a toilet.

You may/ you are welcome to eat a small meal 2 hours prior to your scheduled examination time.

**After the procedure:**

If you have received an analgesic during the colonoscopy, you may not drive a car or ride a bicycle the rest of the day.

You can eat and drink normally after the examination.

Before you leave the clinic, the doctor will inform you of the result of the procedure and we will discuss whether further examination or treatment will be necessary.

If tissue samples were taken, you will receive the result from the doctor 1-2 weeks after, either by a visit to the clinic or by phone.

**Complications:**

There can be some blood in the stools during the follow 24 hours after the removal of tissue. In seldom cases the procedure can be complicated by a perforation of the intestine.

Should strong bleeding, pain or fever should occur after the procedure, please contact us immediately at the clinic (tel.: 33114448) or contact the nearest ER.

**Please note: If a patient fails to come to a consultation and does not cancel at least 24 hours before, the patient is obliged to pay a fee of 250 DKK for not showing up.**

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