

Preparing for your colonoscopy

Colonoscopy is an examination of the large bowel. The examination requires some preparation, and these begin as early as one week before the examination.

Information about colonoscopy

The examination is carried out so that a flexible tube (colonoscope) is inserted through the rectum. The scope — which is long enough to reach the entire length of your colon — contains a light and a tube (channel) that allows the doctor to pump air, or water into your colon. The air inflates the colon, which provides a better view of the lining of the colon. When the scope is moved or air is introduced, you may feel stomach cramping or the urge to have a bowel movement. The colonoscope also contains a tiny video camera at its tip. The camera sends images to an external monitor so that the doctor can study the inside of your colon. The doctor can also insert instruments through the channel to take tissue samples (biopsies) or remove polyps or other areas of abnormal tissue.

During the examination

Sedation and relaxants are usually recommended. In most cases, the sedative is combined with pain medication given directly into your blood stream (intravenously) to lessen any discomfort.

You'll begin the exam lying on your side on the exam table, usually with your knees drawn toward your chest. The doctor will insert a colonoscope into your rectum. You might be asked to change position during the procedure to facilitate the passage of the colonoscope.

The first part of the procedure is to navigate colonoscope through the colon to reach the distal part of the small intestine. The second part is to inspect the colon for any abnormality and if necessary, taking tissue samples (biopsies) or removing polyps. A colonoscopy typically takes about 30 to 60 minutes.

After the examination

After the exam, it takes about an hour to begin to recover from the sedative. You'll need someone to take you home because it can take up to a day for the full effects of the sedative to wear off.

Don't drive or make important decisions or go back to work for the rest of the day.

You may feel bloated or pass gas for a few hours after the exam, as you clear the air from your colon. Walking may help relieve any discomfort.

You may also notice a small amount of blood with your first bowel movement after the exam. Usually this isn't cause for alarm. Consult your doctor if you continue to pass blood or blood clots or if you have persistent abdominal pain or a fever. While unlikely, this may occur immediately or in the first few days after the procedure but may be delayed for up to 1 to 2 weeks.

The biopsies (tissue samples), or polyps will be likely sent for analysis. This usually takes about 6-8 weeks. We will inform you about the results by letter or a phone call. Your primary care doctor will receive a summary of the examination as well as the results of the analysis of the biopsies/polyps taken (if any).



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CLEAN BOWEL IS ESSENTIAL

Before a colonoscopy, you'll need to clean out (empty) your colon. Any residue in your colon may make it difficult to get a good view of your colon and rectum during the exam. A few adjustments in your diet starts as early as one week before the examination. Two days before the examination you will switch to fluid-based diet as well as you will start with laxatives. One day before your examination you will only have clear-liquid diet as well as laxatives.

It is extremely important to carefully follow the instructions for bowel preparation. An unclean bowel renders the colonoscopy examination invalid, and you will be asked to repeat the examination on a different occasion.

LAXATIVES

We have sent a prescription for the following laxatives **Plenvu** as well as **Toilax (or Dulcolax)**. Those laxatives might need to be ordered in advanced. We recommend that you already contact your pharmacy about your prescription and availability.

ONE WEEK BEFORE YOUR COLONOSCOPY

Refrain from eating the following food

Food with **a lot of fiber**, such as whole wheat bread, muesli, porridge, wheat bran and linseeds.

Fruits such as kiwi, citrus fruits, raspberries, grapes.

Vegetables with rough skin or seeds, tomato, beans, peas, olives, asparagus, and corn.

Nuts and **Quinoa**.

Otherwise, you can eat as you usually do, up to two days before the examination.

TWO DAYS BEFORE YOUR COLONOSCOPY

You may only eat liquid food, such as smooth and well-mixed soup, creams, and yogurt.

- Take two tablets of **Dulcolax/Toilax**

TIPS!

You will need to be close to a toilet as you will need to go to the toilet many times while drinking the Plenvu mixture.

It is good to drink a lot! Examples of clear liquid: water, soda, juice, juice without pulp, broth, sports drink and coffee or tea without milk.

Avoid any food or beverages, with colouring, for example popsicles, jello and some energy drinks that contain red colour because it may mimic erythema or blood in the colon.



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ONE DAY BEFORE YOUR COLONOSCOPY

You may not eat any food at all. You may only drink clear drinks, such as water, broth without chunks, juice without pulp, juice, coffee, and tea without milk.

AT 06:00 PM

Dose 1 of **PLENVU** (mango flavour)

- Mix the dose 1 sachet with 500 mL water and stir for a few minutes until all dissolved
- Drink Dose 1 over 60 minutes
- Follow with at least 500 mL (two large glasses) of clear fluids over the next 30 minutes
- Continue to drink clear fluids

Take 2 tablets **Dulcolax/Toilax**.

DAY OF YOUR COLONOSCOPY

You can only drink clear liquids until your examination.

4 HOURS before your colonoscopy

Drink Dose 2 of **PLENVU** (fruit punch flavour):

Mix the dose **2A** + dose **2B** with 500 mL water and stir a few minutes until all dissolved

Drink Dose 2 over a minimum of 60 minutes

Follow with at least 500mL (two large glasses) of clear fluids over the next 30 minutes

Take 2 tablets **Dulcolax/Toilax**.

2-3 HOURS before your colonoscopy

Insert **Dulcolax/Toilax suppository** according to the instructions

Do not use if you have anal fissure, rectal bleeds, or inflamed hemorrhoids

It will take about 20-45 minutes for the rectal suppository to work

