



**GASTROENTEROLOGIE
M Ü N C H E N**

**ENDOSKOPIE
AM MARIENPLATZ**

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Preparation for Colonoscopy

A Week before the examination please do not use any aspirin, ASS (aspirin preparation), Godamed (aspirin with glycin), Plavix, Iscover (active ingredients: clopidogrel bisulfate) or Marcumar (active ingredient: phenprocoumon). For three days before the examination please do not eat any food containing corn or grains. Also, in that period do not eat kiwi fruit, grape, breakfast cereals such as “muesli”, nor bread or rolls made from corn or grain.

On the day before the examination

In the morning you should eat just half of a white roll or half a slice of white bread with butter and jam and also drink a cup of tea, but please do not eat anything more after that. During the day you should drink about 2 litres of clear soup, chicken broth, instant broth, bouillon cubes without any solid ingredients (i.e. no noodles, no rice etc.), mint or camomile tea, tap water or uncarbonated mineral water. Drink the **first bottle of PHOSPHO SODA®** diluted around 4 p.m. Wait 30 minutes. You should then follow that by drinking another 2 litres of clear liquids again (until 9 p.m.).

Day of examination

Now, unfortunately, you are not allowed to eat anything, but you may drink clear liquids. Start with a cup of tea or water and then, about 5 hours before your appointment, you should drink the **second bottle of PHOSPHO SODA®** (diluted). Wait 30 min. then again drink another 2 litres of water or tea. Please do not drink in a lying or sitting position, just walk around! In the final two hours before the examination appointment do not drink anything anymore.

Special instructions for the examination day

- Do not drive yourself to the appointment because of the possibility of an injection prior to the examination which can impair your driving abilities.
- In case you normally wear contact lenses, you should leave them at home and wear your eyeglasses instead.
- Please bring along a fresh set of underwear.
- Insulin patients should consult their family doctor or us regarding your insulin dose.
- Women taking anticonceptives, should consider that the laxative may impair the effectiveness of the hormone pill.
- **In order to avoid unnecessary waiting time for other patients, please contact us in good time (at least 3 days prior to the appointment) if you are going to be unable to keep the appointment.**