

Examination day

- On the morning of the examination, it is essential to drink and, as a rule, take another dose of the laxative. Please refer to the package insert for the prescribed medication.
- The last dose of the laxative should be taken approximately five hours before the start of the examination (drink up to two hours before the examination).
- Please take your medication as usual (as described above).
- Please do not smoke.
- Die Untersuchungszeit samt Aufwachzeit beträgt meist 1-1,5 Stunden.
- The examination time, including recovery time, usually takes 1 to 1.5 hours.
- Do not plan any important appointments after your examination if you wish to take a sedative.

Medications and pre-existing conditions

- Unless otherwise agreed:
Take your medication as usual.
- If an intervention (e.g. removal of a polyp) is planned:
Please consult with the endoscopist and your General Practitioner:
Blood thinners may need to be paused for a certain period of time.
- Certain medications and pre-existing conditions can make it difficult to prepare the bowel quickly and adequately. Please discuss this with your General Practitioner and the endoscopist during the consultation.

Your information document

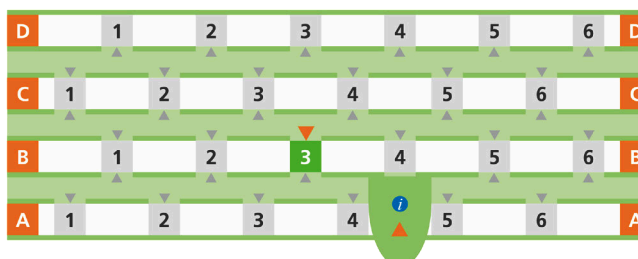
Please bring the signed information sheet with you. This is very important: without this information, the examination cannot be carried out. You would then have to fetch it from home, which would delay your appointment.

Pickup

If you wish to receive a sedative or sleeping medication for the examination, you must not leave the endoscopy unit unattended or drive a car. In such cases, please arrange for someone to collect you and ensure that there is someone at home to supervise you.

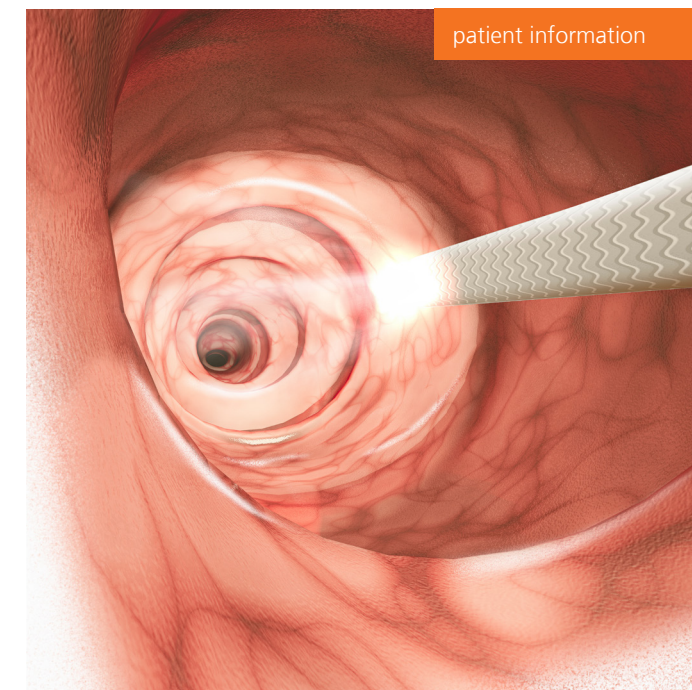
Further information

- Before the colonoscopy, you will be given special examination trousers to protect your clothing. This ensures your privacy is maintained.
- To monitor your circulation, we will connect you to a monitoring device during the colonoscopy, which will check your pulse, breathing and blood pressure throughout the examination.
- After the examination, you will remain in our recovery room for a while until you are fully awake and can be discharged. After the examination, you may eat and drink again. It is best to start with a small, light meal. Flatulence or mild cramps in the abdomen, which may occur after the colonoscopy, are caused by the air that was blown in and will pass naturally. A hot water bottle, a warm, damp cloth on your abdomen or a short walk can help you relax.
- Upon request, you will receive the results of your examination and a certificate of incapacity for work (max. 2 days) at the reception desk when you leave the department.
- The findings will be discussed either by your referring doctor or by appointment at our polyclinic. Important findings will, of course, be communicated to you immediately.
- Please report to the control centre B4 on the 3rd floor approximately 15 minutes before your appointment. Then please go to the endoscopy registration desk (3rd floor, corridor 27) and report to the counter.



Weitere Informationen finden Sie auf:
www.ukaachen.de/endoskopie

Sie erreichen uns unter:
endoskopie@ukaachen.de (bevorzugt)
oder
Tel.: +49 241 80-80863



patient information

Prof. Dr. Dr. med. Alexander Koch, MHBA
Univ.-Prof. Dr. med. Florian Vondran

**Interdisciplinary endoscopy
Bowel preparation plan |
Standard**

Dear patients,

as discussed with your doctor, you are scheduled to undergo a colonoscopy. The following applies: the cleaner the bowel, the better the assessment. If the bowel is not adequately prepared, stool residues will severely limit the assessment, which means that the examination – and therefore also the laxative measures – will have to be repeated. To ensure that you receive a meaningful examination straight away, we recommend that you follow these recommendations.

Your cooperation is therefore crucial to the success of the investigation.

We thank you in advance for your participation.

We will be happy to discuss questions such as the use of certain medications or the documents required for the examination with you in a personal consultation.

Kind regards,
Your endoscopy team

Dietary recommendations

5 days before the colonoscopy

- Stop taking iron-containing medication.
- Avoid foods containing seeds (e.g. wholemeal bread, muesli, linseed, kiwis, sunflower seeds, grapes, tomatoes, strawberries, raspberries, etc.).

2 days before the colonoscopy

Please don't eat:

- Mushrooms
- Fruit and fruit without seeds
- Vegetables with seeds (e.g. cucumbers, tomatoes, courgettes)
- Raisins
- Nuts
- Fatty foods
- Fibrous foods (e.g. asparagus, rhubarb, pineapple, figs, kohlrabi, cabbage, inner membranes of citrus fruits)
- High-fibre foods (e.g. lentils, rice, wholemeal bread, corn)

Day before the colonoscopy

- Eat a light breakfast (e.g. white bread with jam or honey), preferably soup or yoghurt.
- Do not eat a lunch consisting of solid food, even though this is not recommended for some laxatives. You may have clear soup or broth without any added ingredients.
- Please do not eat any solid or hard-to-digest foods (low in fibre).
- Please do not eat anything for three hours before taking the first dose of laxative.
Example: if you have soup/broth at around 12 noon, take the first dose of laxative at around 3 p.m.
- Please find out in advance whether a coronavirus test is required, see:
www.ukaachen.de

Laxative measures

With the commencement of the laxative measures the day before

- *Note:* Please read the instructions for use of the prescribed laxative. In addition, you can use the smartphone app of the respective manufacturer to accompany the laxative.
- Please drink the prescribed defoamer (e.g. Lefax) along with the prescribed laxative. This will improve the quality of your bowel preparation.
- Please only drink water and clear liquids, e.g. still water, lemonade-based drinks, tea or coffee (without milk). Do not drink milk, alcoholic beverages or red/cloudy juices, or juices with pulp.
- The more you drink, the greater the chance that the bowel can be assessed properly. We recommend at least doubling the amount of fluid specified in the package insert for the prescribed medication.
- Goal: The evening before, or at the latest on the morning of the examination, you should have a clear bowel movement and there should be no solid stool components mixed in. The stool should be clear to, if anything, clear yellow (like water or chamomile tea). If solid stool components are, still visible or the stool is dark or brown in colour, the bowel cleansing is not yet complete. In this case, please read the package insert for the prescribed medication and/or drink more.
- If you experience circulatory problems or headaches, you can take glucose.
- Please take your medication as usual. Please speak to your family doctor if important medication cannot be absorbed by the bowel as usual due to the flushing process.

Longer discharge

In certain cases, bowel movements should be carried out over two days, for example in cases of chronic constipation, if you are taking opiates or if normal bowel preparation is not sufficiently possible. Please discuss this in advance during the consultation.

A basic prerequisite for a successful colonoscopy is a cleansed bowel. Stool and food residues severely limit the ability to assess the bowel.