



Information and preparation for the colonoscopy

PLEASE READ THIS DOCUMENT UPON RECEPTION AND NOT AT THE LAST MINUTE, TO BE PREPARED CORRECTLY FOR YOUR TEST.

This document provides information and practical details on the preparation and conduct of a colonoscopy.

What is a colonoscopy ?

A colonoscopy is a visual inspection realized by the introduction in the anus of a flexible tube to examine the colon (large bowel) and the lower end of the small intestine (ileon). It is performed by a doctor specially trained in this technique and with the help of an assistant. This examination allows, among other things, to obtain biopsies for diagnosis purposes, to detect the presence of polyps and to remove them

A colonoscopy can cause some cramps during the progression of the tube, and thus a sedation is usually administered to secure the patient's comfort. This will be done through a small vein catheter that will be placed in your forearm during the minutes before the examination. Because you will receive sedatives, you will not be allowed to drive for 12 hours following the examination. Arrange therefore to take public transportation or to have someone to take you home after the examination. The whole examination and recovery phase in our office takes usually about 2 hours.

2. How to be prepared for this examination ?

The bowel must be cleaned to allow a quality examination. For it, you have follow a diet and to ingest a cleansing liquid. Please follow the instructions below.

2.1 During the 7 to 10 days which precede the examination :

If you take medicines which decrease the coagulation of the blood (Sintrom, Marcoumar, injections of heparin of low molecular weight, Plavix, Aspirin, non steroïdal anti-inflammatory drugs), please inform your general practitioner or call us to know if it is necessary to stop this treatment before the examination.

2.2 For the 3 days prior to the examination you must be on a diet without residues

- no fruit or fresh vegetables
- no cooked vegetables such as tomatoes, peppers, asparagus, leeks, chard, etc.
- no lenses and beans
- no whole seed breads, muesli or cereals

2.3 The evening of the day preceding the examination :

Preparation by Cololyt or Moviprep: Dilute the contents of the sachets in 2-3 liters of tap water (according to the suppliers' instructions, then put in the refrigerator. Drink every liter in 60 minutes maximum (2 dl every 10 minutes). You can improve the taste by preparing it early and cool it in the fridge, or by adding some sirup or some lemon juice to the preparation.



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- If your colonoscopy takes place in the morning: Start drinking at 4 pm the evening before the exam. Drink all of the 3 liters of Cololyt or all of the 2 liters of Moviprep in 2-3 hours.
- If your colonoscopy is scheduled in the afternoon, you may drink half of the preparation fluid in the evening as above, and the second half in the early morning of the exam.

Remember that the preparation cleans the bowel but does not hydrate your body. Thus, keep drinking clear liquids up to 6 hours prior to the colonoscopy, to maintain your hydration, during and after the preparation.

The supper before the examination: only clear liquids (tea, water, broth, etc..)

2.4 Medicines to be taken on the morning of the examination

You have to take all your usual medicines, except the insulin, the oral antidiabetics and the medicines which decrease the coagulation of the blood (see with your doctor).

You will receive medicines during the examination and thus you cannot drive the day of the examination . Plan that somebody comes to take you up or use a public transports but do not come alone driving a car.

3. How takes the examination ?

The doctor who will practice this examination will meet you first, to explain it to you and to answer your questions. A nurse will insert a small catheter in your vein and will inject a painkiller or a sedative to allow you to relax or to sleep during the procedure. The type of drugs will be discussed with you.

4. What happens after the examination ?

According to the procedure a surveillance after the examination will be necessary for approximately 1 hour. The type of follow up required will depend upon the results of the examination and will be communicated to you by the doctor who has performed the examination.

5. What are the risks of this examination ?

The risks of the procedure will be explained to you and will be described in details in an informed consent sheet that you will have to sign prior to the sedation and exam.

6. Have you questions ?

The doctor will answer gladly all your questions during the interview just before the examination. In case of doubt, please contact our doctor's practice at the phone number or e-mail addresses displayed on the bottom of this letterhead.