

Colonoscopy nutrition and drinking preparation

Change in diet before the investigation

Please avoid dietary fibers 5 days before the investigation. Fibre stays long in the big bowel, makes the evaluation of the mucosa more complicated and obstruct the sensitive scopes.

NOT allowed:

- Grain products e.g. whole-grain-bread or -rolls, cereals, sesame, chiseeds, quinoa, linseed, kiwi, nuts, Rice
- Legumes e.g. beans, peas, lentils, bean sprouts, corn
- Fibre products e.g. lettuce, asparagus, spinach, all kinds of cabbage, leeks, tomatoes, cucumber, raisins, mangoe

Allowed:

- Wheat flour products like white bread, toast, baguette or light bread without grain, potatoes without paring, noodles, egg-dishes, all milk products (like yoghurt, cheese, kefir, curd cheese), sieved soups, boiled fish, poultry, avocado, bananas, marmalade without pulp, honey
- Dextrose, glucose (like Dextroenergen), light drops (no chocolate), chewing gum, gummy bears

Allowed liquids:

- Water, bright tea, (no rose hip tea, mallow tea, black tea), carbonic acid reduced or -free soft drinks, filtrated/ clear juices (not red or purple) without pulp, clear or filtrated soups or stocks

The day before the investigation: Take a little breakfast at least at 10.00 a.m. like toast, egg, honey, yoghurt, curd cheese. after this drink liquids according to the instructions.

Please abstain with regard to other patients and the staff and at least to your own safety **from perfumes, fragrances as well as wearing tight-fitting rings, necklets, piercings, nail polish and gel nails.**

Please bring **a big towel and a blanket** to the appointment. It could be a bit cold because we have to ventilate our rooms. Thank you very much.

○ EZICLEN drinking preparation over 2 days

The day before:

- At 5.00 p.m. (17.00) fill the content of the first bottle into the plastic cup and add water up to the mark, drink the solution within 30-60 minutes
- Afterwards drink 2 times the content of the plastic cup extra with allowed liquids
- Drink at least 2l of the allowed liquids during the day

At the day of the examination:

- 4 hours before the investigation: Fill the content of the second bottle into the plastic cup and add water up to the mark, drink the solution within 30-60 minutes
- Afterwards drink 2 times the content of the plastic cup extra with allowed liquids
- **Drinking of 1l clear liquids until 2 hours before the investigation appointment is requested**
- Afterwards stay fasten

○ PICOPREP drinking preparation over 2 days

The day before:

- At 4.00 p.m. (16.00) fill the content of the first bag into 200 ml cold water, stir the solution until it's clear, wait for cooling-down (about 30 minutes) and drink it in a timely manner
- Repeat in the same way with the second bag at 5.00 a.m. (17.00)
- Drink at least of the allowed liquids during the day

At the day of the examination:

- 4 hours before the investigation: fill the content of the third bag into 200 ml cold water, stir the solution until it's clear, wait for cooling-down (about 30 minutes) and drink it in a timely manner
- **Drinking of 1l clear liquids until 2 hours before the investigation appointment is requested**
- Afterwards stay fasten

○ EZICLEN+PICOPREP drinking preparation over 2 days

The day before:

- At 2.00 p.m. (14.00) fill the content of the first bag into 200 ml cold water, stir the solution until it's clear, wait for cooling-down (about 30 minutes) and drink it in a timely manner
- After drinking the solution drink 1l of the allowed liquids with 30-60 minutes
- Then continue the preparation at 5.00 p.m. (17.00) with EZICLEN over 2 days (please follow the instructions as described there).