



## CLINIC

### Internal Medicine

Dr. med. P. Egger, Chefarzt  
Dr. med. M. Kubli, Stv. Chefarzt

## **Preparation for a colonoscopy**

Dear Patient,

You have been referred to us for a colonoscopy (examination of the colon). Colonoscopy involves the use of a flexible tube with a camera at the end of it to inspect the whole of the colon (large intestine) and the final centimetres of the small intestine. At the same time tissue samples can be taken using a little pair of forceps. If small growths, so-called polyps, are discovered, they can generally be removed during the procedure.

### **Preparation**

If the examination is to take place under optimum conditions, the colon has to be empty. This means that your cooperation in ensuring this is extremely important.

The following foods are NOT permitted in the three days before the procedure: cereal flakes, bran, muesli, linseed, dark (whole wheat) bread, all fruit, in particular grapes as well as kiwis, berries, fruit juices, salad and all vegetables. Please make sure you adhere to this without fail.

### **On the day before the examination:**

Breakfast and lunch: You can eat the following freely: white bread, rusks, butter, jam, natural yoghurt, cheese, eggs, meat, fish, pasta and mashed potatoes.

Supper: clear soup, tea, coffee, Ovaltine.

Supper between 5.00 and 7.00 pm is then followed by preparation of the bowel: You must then drink 2 litres of "Cololyt" within a maximum period of 2 hours. You will generally have to go to the toilet while drinking this solution. To make it up, dissolve 1 sachet in 1 litre of water. To improve the taste you can add some syrup immediately before drinking it. The solution can also be drunk warm mixed with bouillon (beef tea). If you are pregnant, please consult your doctor.

### **On the day of the examination:**

In the early morning between 6.00 and 6.30 am drink a third litre of Cololyt solution within a maximum period of one hour. You can take your usual medication in the morning and drink tea, coffee or tap water freely. It is important that you drink the whole 3 litres or your colon will not be sufficiently cleansed, and an accurate assessment of your condition will be impossible.



Via Nouva 3 • CH-7503 Samedan  
Tel. +41 81 851 81 11 • Fax +41 81 851 85 17  
www.spital-oberengadin.ch

**Procedure for examination:**

You will be in the care of a member of the nursing staff, who will insert a thin plastic cannula in a vein in your forearm. The doctor will discuss the colonoscopy with you before the examination and answer any questions you have. As the procedure can be painful without drugs, you will generally be given medication via the plastic cannula. This will make you sleep. As soon as the uncomfortable part of the examination is over, we will wake you up and discuss the results with you. After the procedure you should not drive or perform any hazardous activities (e.g. work on scaffolding, with heavy machinery, etc.) on the day of the examination. If you specifically wish, the procedure can also be carried out without any drugs being given. If you have to drive after the examination, this would be the only option for undergoing the procedure.

The examination itself only takes 15-45 min. Monitoring is rarely necessary, but may last an hour.

If you are concerned by any of the following points, please talk to your GP:

- Prevention of endocarditis (e.g. heart valve defect or artificial heart valve)
- Diabetes mellitus
- Thinning of the blood
- Aspirin or other rheumatism tablets should be stopped, where possible 7 days before the examination.

Please read the attached consent form through carefully. You can ask the doctor performing the examination any questions you might have before the procedure.

Should you still have questions or be unable to attend for the examination, please let us know as soon as possible by calling Tel. No. 081.851.85.82 (MUZ).

On the day of the examination \_\_\_\_\_, \_\_\_\_\_ please report to the main hospital entrance at \_\_\_\_\_ am / pm.

Regards,

Dr. med. M. Kubli