



CLINIC

**Internal Medicine**

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## Preparation for a colonoscopy using MOVIPREP

Dear Madam,  
Dear Sir,

You are booked in for a colonoscopy with us. During colonoscopy, the entire large intestine and the final few centimetres of the small intestine are inspected using a flexible tube with a camera at one end. Tissue samples can also be taken during colonoscopy using a small wire loop. If small growths, called polyps, are discovered these can usually be removed during the investigation.

### Preparation

**The investigation can only be performed under optimal conditions if your large intestine is emptied properly. Therefore please follow our instructions as closely as possible.**

#### 4 days before the investigation:

Do not eat the following foods for four days before the procedure (7 days if you suffer from severe constipation):

Cereals, bran, muesli, linseed, wholemeal bread, all types of fruit, especially grapes and kiwis, berries, fruit juices, salad, all types of vegetable.

All of these foods contain seeds or fibre that is difficult to digest, and that can remain in the intestine and make examination difficult or block the colonoscope.

#### 1 day before the investigation:

##### Breakfast and lunch:

As much as you like of the following: white bread, biscuits, butter, seedless jam, honey, natural yoghurt, cheese, eggs, meat, fish, pasta, mashed potatoes.

##### Evening meal:

Clear fluids only e.g. tea (with or without sugar), clear broth, apple juice, water.

After the evening meal between 5.00 p.m. and 7.00 p.m., the actual bowel preparation should be as follows:

Add the contents of sachets A + B to a litre of water (in the event of severe constipation the contents of two sachets each of A + B to 2 litres of water), stir well until the fluid is almost clear (tip: drink the MOVIPREP chilled). You should have drunk the entire litre of MOVIPREP by 7:00 p.m. at the latest.

Please also drink an additional 1-2 litres approximately of clear fluid (e.g. tea, water, coffee with no milk, apple juice, squash, clear soup). You will develop diarrhoea approximately 1-3 hours later.

If required, ½ hour before taking the Moviprep you can take a tablet of Motilium to prevent any nausea. A second tablet of Motilium can be taken later if you become nauseous.



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### **On the day of the investigation:**

Drink the 2nd litre of MOVIPREP (or the 3rd litre in the event of severe constipation) 3-4 hours before the investigation. You should have finished taking it at least 2 hours before the investigation. After this it is a good idea to continue drinking plenty of fluids. Your stool should be a yellowish colour for the investigation.

### **Examination procedure:**

The nurse will greet you. She will place a catheter in your forearm. Before the investigation the doctor will discuss the colonoscopy with you and answer any questions. As the colonoscopy can be painful without medication, medication is normally injected (into your arm) through the catheter. This will allow you to sleep. When the unpleasant part of the investigation is over, we will wake you up if you wish and we can then discuss the results together. However, after the colonoscopy on the day of the investigation you **must not drive** or perform dangerous activities (working on scaffolding or with heavy machinery etc.)

If you specially request it, we can also perform the investigation without any medication. If you have to drive following the investigation, this would be the only way we could perform the investigation.

The colonoscopy procedure itself takes between 15 and 45 minutes. On rare occasions, monitoring may be required and this can take an hour.

If any of the following applies to you, please discuss with your G.P.:

- you have undergone prophylaxis for endocarditis (e.g. heart valve defect or artificial heart valve)
- you have diabetes
- you are taking blood thinning medication

**Please read the enclosed information sheet carefully. This should be signed 24 hours before the investigation.** Any questions can be clarified before the investigation with the doctor performing the procedure or your G.P.

If you have any further questions or are unable to attend, please inform us in good time on the following phone number 081.851.85.82 (MUZ).

On the day of the investigation \_\_\_\_\_, date \_\_\_\_\_

at \_\_\_\_\_ (time), please report to the main entrance of the hospital.

Yours faithfully,

Dr. med. M. Kubli