



Bowel preparation with Clensia®



For colonoscopy, it is essential that your bowel is completely clean. Grains, seeds, and fibers can clog the endoscope and may require the examination to be stopped.

If you require **anticoagulants, diabetes medication/insulin, or antiepileptic drugs**, please talk to your family doctor or with us to determine the correct dosage or withdrawal (**at least 1 week before**).

Drink the two doses of Clensia® as described below, with a **minimum interval of 8 hours!**

If you **tend to constipation**, start taking 2 sachets of Movicol® (or similar) daily **five days before** the colonoscopy. If you tend to experience rapid nausea, take an anti-nausea medication (e.g. Motilium®) 30 minutes before the laxative therapy.

From 4 days before the examination

Avoid foods that are rich in fiber or contain seeds.

Allowed: white bread, chicken, meat, fish, dairy products, eggs, mashed potatoes, rice, pasta.

Not allowed: Whole grain bread, cereal, grapes, tomatoes, psyllium, nuts, mushrooms, asparagus, raw vegetables, salads, figs, wild rice. All of these foods contain seeds or fibers that are hard to digest so they may remain in the intestine for a prolonged time.

1 day before the examination

Have a **small breakfast before 8 am**, for example, a **small** piece of white bread with butter, honey, and seedless jam; coffee, tea. Take your usual medications (discuss anticoagulants and diabetes medications/insulin dosage with your doctor beforehand, see above!). Do not eat muesli, whole grain bread, fruit, or vegetables. **Take no solid food after 8 am.**

From 12 pm onwards, until the end of the examination, do **not consume large amounts of sugar- or pigment-containing drinks** (cola, beer, red wine, etc.). Drink only flat mineral water or tea - without milk (a small amount of sugar is allowed), and eventually one cup of clear bouillon if needed (but it must be strained through a milk **sieve!**).

From 4 to 6 pm: Fill a liter of water into a container and add the contents of Clensia® 2 bags A-large and 2 bags B-small. Stir the liquid thoroughly. Drink 2 cups (250ml each) every 15 to 30 minutes within 2 hours (so 1l total after 2 hours). Then drink at least ½ liter of additional clear liquid.

The following measures can help prevent bad taste or nausea:

- Preferably drink the liquid cold, as the taste will be less intense
- Possibly drink some warm tea beforehand (to "warm up" the stomach)
- Do not drink too quickly: **sip slowly** (drinking too quickly can lead to nausea)
- To "neutralize" the taste, you can drink a few sips of tea (e.g. peppermint tea), use chewing gums, candies or lemon/orange slices, or add some lemon juice to the liquid.

On the day of the examination

Repeat the procedure with the **second dose of Clensia®** (2 bags A large and 2 bags B small in 1 liter water). **Start no later than 4 hours before the examination**, drink it **slowly** and sip by sip within 2 hours, additionally **drink at least half a liter of clear liquid** (e.g., peppermint tea) afterwards. The drinking has to be finished 2 hours before the appointment, afterwards **you should no longer take anything by mouth**. The feces should become liquid and yellowish after this cleansing.

On the morning of the examination, do not take your regular medications (blood pressure medications, cholesterol-lowering drugs, diabetes tablets, etc.), unless instructed otherwise by your doctor.

After the examination

Arrange for transportation for you to get home. On the day of the procedure, you are considered legally incapable and are not allowed to drive a car or operate machinery.