

## gastropraxis

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Fachärzte FMH für Gastroenterologie

### Preparation for colonoscopy in the afternoon with PLENVU

Dear Mrs / Mr .....

We await you on ..... at ..... placed Bahnhofstrasse 22, 8180 Bülach.

**IMPORTANT!!** If you take anticoagulant drugs for blood thinning (eg Sintrom, Marcoumar, Xarelto) or regularly Aspirin, Alcacyl, Tiatral, Plavix, Clopidogrel etc., please talk to your family doctor (at least 1 week before the examination) to discontinue your medication.

In order to be able to assess the intestine well during the examination, please proceed as follows.

**Four days before the examination** (.....) you may only eat a light meal, e.g. white bread, butter or margarine, honey, jam without seeds, lean meat (veal, chicken, etc.), fish, pasta, rice, boiled potatoes, cooked vegetables, e.g. Cauliflower, broccoli, carrots, zucchini (only without seeds), applesauce, bananas or eggs.

**Forbidden during this time:** fiber-containing foods such as whole grains, cereals, fruits with seeds (such as grapes, apples, raspberries, etc.) Raw vegetables, vegetables with seeds, salad, mushrooms, tomatoes and reduce milk and dairy products (yogurt, cheese).

**The day before the investigation** (.....)

**Stop eating at 3 pm.** At 6 pm you fill **Dosis 1** in 0,5 liter of cold water and mix it very well (stir for at least 8-10 minutes).

Then you drink it slowly in about 45 minutes. **After that** and that's very **important**, you have to drink **at least 0,5 liter** of liquid. We recommend any clear drinks such as tea, mineral water (low-carbonic acid), clear low-fat bouillons and sweetened drinks such as tea or lemonade to help against the hunger. **NO fruit juices, black or fruit tea and Coca Cola.**

**Coffee is only one cup allowed.**

**On the day of the examination**

**At least 4 hours before** (.....) **the beginning of the examination**, dissolve the **Dosis 2**, **sachets A + B together** in 0,5 liter of cold water, mix it very well (stir for at least 8-10 minutes) and drink within 45 minutes. Again, you should **drink at least 0,5 liter** of liquid afterwards in 30 minutes. **Fluid intake only up to 2 hours** (.....) **before the examination!** You will recognize the success if your stool is fluid and coloured like chamomile tea.

**Please bring your medication list as well and your health insurance card.** Be sure to remove navel piercing before examination. Don't forget to fill all papers one day before and bring it with you (Informations for patients about colonoscopy, "Anamnesebogen" and personalities).

Since you will receive drugs during the examination which affects your ability to react, you should **not come by car yourself.** Come in company or by public transport. **IMPORTANT: You must not drive or work on a machine until 12 hours after the examination**

If you have further questions, please call us, dial **044 864 19 20** or send us an eMail: **admin@gastropraxis.ch**

-We'll contact you one working day in advanced to confirm your appointment

-Please cancel your appointment (at least) 24 hours in advanced, otherwise you'll be charged (for a failure)

Kind regards,

Dres. Med. O. Sultanie, Dr. med. M. Respondek, Dr. med. P. Schröder with team

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