

## Information

In order to achieve best possible conditions for the colonoscopy the colon has to be prepared thoroughly:

During the cleansing process carbonated drinks are generally not recommended. In order to facilitate the cleansing of your colon, please stay solely to fluid nutrition like clear soups and water after a light lunch the day before the exam. At 14.00 and at 16.00 hrs please drink 1 PicoPrep each, followed by at least 1 liter of water each time. At 18.00 please dissolve 2 table spoons of bittersalt in 500ml of water and drink this solution within 10 minutes. Additional water or soup is recommended. In case of constipation fluid nutrition is recommended for two days prior to the exam. If needed, you can eat some white bread.

Please avoid milk, seeds, grains, kiwi, grapes, dates, tomatoes and (straw)berries 4 days before the exam.

Quitting all medications which influence blood clotting (anticoagulants) like NSAR, Plavix, Marcoumar, etc. is **not** necessary unless you take a combination of those drugs. If so, please quit all “blood-thinner” except one a week before the exam after having checked with your general practitioner.

In case of any questions please do not hesitate to contact me.

Sincerely yours,

Thomas Winkler M.D.

Rosenbursenstrasse 8/7/3, 1010 Wien, Tel +43-676-4020122, Fax +43-1-4069909

e-mail: [office@dr-thomas-winkler.at](mailto:office@dr-thomas-winkler.at), web: [www.dr-thomas-winkler.at](http://www.dr-thomas-winkler.at)

Ordination nach Vereinbarung – keine Kassen