

Information

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

One day prior to the colonoscopy takes place please drink at 19.00 and on the day of the exam at 10.00 hrs 1 liter Moviprep each followed by at least 1 liter of water each time. Sodas are generally not recommended. In order to facilitate the rinsing of your bowel please stay solely with fluid nutrition like soups, water, juices and tea the entire day. In case of constipation fluid nutrition is recommended for two days. If needed you can eat some white bread.

A light breakfast is beneficial, unless a gastroscopy is planned on the same day.

Please avoid milk, seeds, grains, kiwi, grapes, dates, tomatoes and (straw)berries the week 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 one of the medicaments one 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.