



Preparing for a colonoscopy with PICOPREP

Dear Patients

During this procedure, a flexible endoscopy tube is carefully inserted into the colon while you are under anesthesia. The examination will last approx. 20-30 minutes and takes place using a short-term anesthetic. For the visibility conditions to be ideal, the colon must be completely empty.

We would therefore ask you to prepare for the examination as follows:

- Diet begin 4 days before examination:**
Please do without: Fibers (fruit, vegetables, salad) and pitted foods (for example in blackberry yogurt, raspberry jam, Bircher muesli or whole-grain bread etc.).
Permitted are for example:
White bread, rusk, yogurt/curd without fruit, honey, jam without pits, butter, meat, fish, rice, potatoes, boiled eggs, pasta, pureed soups, bouillon without inserts etc.
- 2 days before examination:**
 - 7 p.m.:** Take two pills Prontolax 5 mg.**The day before the examination:**
 - Light meals are allowed **until 2 p.m.**
 - 2 p.m.:** From this point on, you are no longer permitted to take in solid foods until the end of the examination. You are still permitted to drink clear liquids (= still water / tea - without milk, sugar is permitted / bouillon).
 - 6 p.m.:** Start with the laxative. Dissolve the first sachet of Picoprep® in 150 ml water. Stir for 2-3 minutes and drink immediately. If the solution warms up, you can put the mixture in a cool place. After waiting 15 minutes, drink an additional 2 liters of clear liquid (within the next 2 hours).

Due to the diarrhea, the anus may be somewhat irritated. To prevent this, apply an oily cream, such as Vaseline or Bepanthen.
- The day of the examination:**
 - 4 hours before** examination: Repeat the step with PICOPREP (see above). After this cleansing process, the stool should be liquid and light brown and no longer contain any solids.
 - 2 hours before** examination: you are now no longer permitted to drink anything.

see reverse side



Why is correct preparation important?

If the preparation does not take place as described above, the examination may have to be aborted due to residual pollution. However, the cost for the examination will still be invoice and the examination may have to be repeated. Food remains in your stomach will endanger you during anesthesia (risk of aspiration).

Medication intake:

You can take your medication up until 2 hours before the time of the examination.

Note the exceptions:

Blood thinners#:

Xarelto, Pradaxa, Eliquis, Lixiana: Stop 48 hours prior

Clopidogrel/Plavix/Marcoumar/Sinstrom: Stop 10 days prior

Aspirin Cardio 100 mg: Can be taken normally

#Please always consult your general practitioner.

Iron supplements:

Stop 24 hours prior

Blood sugar medication:

Metformin/ Glucophage: Stop 24 hours prior

Insulin: Do not administer the morning of the day of the examination. While preparing your intestines, check your blood sugar regularly.

Birth control pill:

May not be effective due the preparation process.

After the examination:

Due to the short anesthesia, you are not permitted to drive a car, ride a motorcycle, or operate heavy machinery for the rest of the day. It is highly recommended to have a person accompany you. Otherwise, you may do everything as you normally, including eating and drinking normally.

Do you have any questions?

If you have further questions in regards to the examination, please contact our office directly.

Your appointment is on _____ at _____

in the practice on Bubenbergplatz 11 (right next to the Bastelzentrum on the second floor)

in the Beau-Site-Clinic, Schänzlihalde 11, 3013 Bern, T 031 335 33 33

Please bring your health insurance card as well as any possible medication lists, allergy passes, blood-thinning cards etc. You should plan for your stay at our practice to last approx. 2-3 hours. If your appointment is in the hospital, we would ask you to plan for extra time as there may be long waiting times (unfortunately, we can not bindingly specify any times).

We look forward to seeing you. Your GGP Team