

Before your colonoscopy

You have an appointment for a colonoscopy, which is an endoscopic examination of your colon.

A colonoscopy involves inserting a thin, flexible tube equipped with a camera into your rectum and on into your colon, or large intestine. This allows the doctor to examine, photograph and take samples from your colon.

Before the colonoscopy you need to make certain preparations. You will need to follow dietary advice and take laxatives. If you normally take certain types of medication you may need to adjust how you take them during the week before the examination.



Please read through all the information here at least one week before your examination, so that you arrive to the clinic well prepared.

It is important that you begin preparations one week before your examination.



Bear in mind that you may be given medication immediately before the examination, the effect of which means that **you must not drive a car or any other vehicle** afterwards.

Contents

Before your colonoscopy.....	1
Preparations.....	2
Directions for taking the laxatives	3
Colonoscopy.....	6
How a colonoscopy is done.....	6
How you'll feel afterwards.....	7
Contacts	8

Preparations

You need to begin preparing one week before your examination. First you need to eat low-fibre food for five days. A few days before your examination you have to take laxative tablets and drink a liquid laxative. This is because your bowels need to be completely empty on the day of your examination. If you are on medication it is important that you check whether it is included in the list below.

If you are taking any medication

Most medication you can continue taking as usual. But if you have e.g. diabetes or take blood thinning medication you may need to adjust your medication before the examination.

Blood thinners		What you need to do
Name Clopidogrel, Plavix Prasugrel, Efiel Brilique Pradaxa, Dabigatran Rivaroxaban, Xarelto Eliquis Lixiana Trombyl	Active substance Clopidogrel Prasugrel Ticagrelor Dabigatran etexilate Rivaroxaban Apixaban Edoxaban Acetylsalicylic acid	Please contact the Endoscopy Clinic as soon as possible if you are taking any of the following medication, unless it is clear from the letter you received how you need to manage your medication. If you are taking Trombyl you can continue taking it as you normally do.
Waran (Warfarin)		What you need to do
If you are being treated with Waran (Warfarin)		Call the AK (anticoagulant) clinic one week before your colonoscopy. You need to have a PT test on the day of your colonoscopy. Call Laboratory Medicine well ahead of it to make an appointment for a PT examination.
Medication		What you need to do
Insulin or tablet treatment for diabetes		Contact your diabetes team well ahead of your examination and ask them whether you need to adjust your medication.
Iron tablet supplement		If you are being treated with iron supplements you have to stop the treatment one week before your examination.
Bulking agents, e.g. Lunelax and Inolaxol		Stop taking the bulking agent three (3) days before your examination.
Other medication, e.g. blood pressure medication		You can continue taking your medication as you normally do.

If you have a **pacemaker or implanted cardioverter defibrillator (ICD)**, call us at the Endoscopy Clinic and tell us.

- Phone numbers are on the last page.

Directions for taking laxatives

Read through all the information here before beginning preparations. It is important that you follow our directions here carefully. Clean bowels are a prerequisite for a successful examination.

You need to buy the following medication:

- Plenvu laxative sachets
- Toilax laxative 5 mg tablets. You need 4 tablets.



You can buy both of these laxatives in any pharmacy. Both can be bought without a prescription.

The following is a summary of your eating and drinking regime before the examination. Below that is detailed information about how to take the laxatives.

No. of days before your colonoscopy	What you have to do
7 days before 6 days before 5 days before 4 days before 3 days before	Eat food that doesn't contain whole grain, seeds, kernels and husks, rinds or skins. It's a good idea to drink plenty – choose the beverage you prefer.
2 days before	You must only eat liquid foods, without bits. Drink your choice of beverage, without fruit pulp. <ul style="list-style-type: none"> • At 10.00: Take 2 Toilax tablets • At 20.00: Take 2 Toilax tablets Only take the tablets. You <u>do not</u> need to take the tube that is included in the packet.
1 day before	Only drink clear beverages <ul style="list-style-type: none"> • At 18.00: Start drinking dose 1 of Plenvu
On the day of the examination	Only drink clear beverages <ul style="list-style-type: none"> • Start drinking dose 2 of Plenvu no later than four hours before you leave home



It's a good idea to drink plenty during the days before the examination, and preferably not just water. You need a bit of sugar as well as salt to maintain your fluid and sugar balance. You can also take glucose tablets.

One week before the examination

You now have to eat a low-fibre diet for five days.

Suggestions for low-fibre food

Breakfast

- *Filmjök*/kefir, yoghurt, quark. Choose the plain type without fruit pulp or seeds
- Rice pudding, semolina pudding, oatmeal porridge (not whole grain)
- Apple, pear, banana, nectarine, peach, avocado – all peeled and without seeds/pips/stones
- Mashed apples
- Eggs, omelette, pancakes
- Cottage cheese
- White/light bread, e.g. sandwich bread, *tunnbröd*/flatbread, salted crackers, *smörgåsrån*/sandwich wafers
- Toppings: Cheese, cream cheese, ham, turkey, salami, liver paste, fish roe

Lunch/dinner

- Fish, fish quenelles, tuna, shellfish
- Meat, mincemeat, meatballs
- Chicken, turkey
- Sausage – boiled, fried or oven-baked
- Quorn, tofu, Oumph
- Peeled potatoes, pasta, rice, couscous, bulgur (not whole grain)
- Smooth/strained/soft soups (such as Kelda), fish soup
- Root vegetables (boiled and soft)

Miscellaneous

- Ice cream, buns, biscuits, crisps, cheese puffs, sweets and chocolates without nuts

Do not eat these

- High-fibre foods such as whole-grain products, brown bread, muesli, linseed, chia seeds
- Citrus fruits, raspberries, lingonberries, bilberries/blueberries, grapes, melon with seeds, kiwi, pineapple
- Vegetables or fruits with thick skins or seeds, e.g. tomatoes, peppers, beans, olives, maize
- Nuts, quinoa, asparagus

Two days before the examination

Today you must not eat any solid foods. You can only eat liquid foods without bits. You can drink the beverage of your choice. You also have to take Toilax tablets twice during the day.

Suggestions for liquid foods

- Smooth soups, milk, *filmjök*/kefir, yoghurt, quark
- Juice without pulp, Proviva drinks, fruit soups, rosehip soup
- Smooth fruit creams, ice cream without bits
- Smoothies, milk-based nutri-drinks, protein drinks

Start taking laxatives with Toilax tablets

- At 10.00 you have to take two 5 mg Toilax tablets
- At 20.00 you have to take two 5 mg Toilax tablets

The tablets will help your tummy "get going". The time until effect varies, but is usually 6–10 hours. Do not use the tube with a rectal suspension that is included in the packet of Toilax.

The day before the examination

Today you mustn't eat anything at all. You are only allowed to drink clear beverages which are transparent/watery. It's important that you drink a lot during the day before your colonoscopy.

Clear beverages

- water, broth without bits, apple juice, juice without fruit pulp, cordials
- coffee and tea without milk
- soft drinks, low-alcohol beer, honey and water, rehydration drinks (Resorb), clear nutri-drinks.



It's a good idea to drink hot beverages with sugar or honey so that you don't become cold and get a headache.

Plenvu laxative, dose 1

Today you have to start taking the Plenvu laxative drink. Make sure to follow our instructions below regarding times.

- Mix dose 1 of Plenvu according to the directions on the sachet. You can chill the drink if you want.
- Start drinking Plenvu at 18.00.
- Drink Plenvu slowly for 46–60 minutes. Drink one glass of a clear beverage of your choice between each glass of Plenvu.

After drinking Plenvu you will get a watery diarrhoea, so that your bowels are properly emptied. You therefore need to be near a toilet. You can apply a protective cream or ointment around your anus to protect the skin there before the diarrhoea begins.

- Don't drink Plenvu faster than what the directions say. You may become slightly nauseous if you drink it faster than directed.
- Continue drinking clear beverages throughout the evening. That will help clear out your bowels. Moving around promotes bowel movements.

On the day of the examination

You mustn't eat anything before the examination. Drinking clear beverages is good.

Plenvu laxative, dose 2

- Mix sachets A+B of Plenvu according to the directions on the packet. You can chill the drink if you want.
- Start drinking Plenvu dose 2 no later than four hours before you leave home. This might mean that you have to get up at night in order to have time to drink it, and then also to empty your bowels before your journey to the clinic.
- Drink slowly during 45–60 minutes, one glass of a clear beverage of your choice between each glass of Plenvu.
- It's a good idea to keep drinking clear beverages until the time of the examination.



If you are given sedation or painkillers in connection with the examination you must **not drive a car or any other vehicle for the rest of the day.**

Colonoscopy

A colonoscopy can be used to examine symptoms such as anaemia, diarrhoea, changes to bowel movement habits, or blood in your faeces. A colonoscopy allows a doctor or nurse to find causes of such symptoms. These might be inflammation, diverticulitis, polyps or tumours.

What the doctor can do during a colonoscopy

First and foremost the doctor examines what the colon looks like. If necessary, samples can be taken from the mucous membrane of the colon for examination under a microscope. Minor surgical interventions can also be carried out via the tube, e.g. removing polyps. Interventions in the colon usually don't hurt, as there are no pain receptors in the mucous membrane of the colon.

How a colonoscopy is done

A doctor or a nurse carries out the colonoscopy. Usually they are assisted by one or two other people, e.g. in taking samples or administering medication.

You will be asked to change into a shirt and a pair of trousers that permit access to your rectum but cover your genitals.

Before the examination you will be fitted with a venous catheter. That can then be used to give you a relaxing sedative or painkillers if you need it. It's important that you tell the doctor or nurse if anything feels unpleasant or hurts during the examination.

The colonoscope is inserted

When the examination begins you will be lying on your left side on a couch. You may have to change position during the examination.

The colonoscope is a flexible tube that is about one and a half meters long and has a diameter of one centimetre. It is inserted through the anus and on into the bowel. The colonoscope is fitted with a camera, and the image from the camera is transferred to a monitor so that the inside of the colon can be inspected carefully. You can watch the entire examination on the screen.

What a colonoscopy feels like

It may feel unpleasant when the colonoscope is inserted into the anus. It may also feel unpleasant when the colonoscope is moved further into the colon, because the colon is being stretched. Tell the staff if you feel any pain. They will then give you a painkiller which has an immediate effect.

A colonoscopy takes between 15 and 60 minutes. It can be difficult to know in advance more precisely how long the examination will take. You may have to wait your turn. Our ambition is that no examination should begin more than an hour after the appointed time.

How you'll feel afterwards

Most people can go home immediately after the examination. If you were given a lot of sedation and painkillers you may need to rest a while before going home. Your stomach may feel bloated with gas for a while after the colonoscopy, but this usually disappears within a few hours. You may need to take it a bit easier than normal for the rest of day, depending on how you feel.

You can eat and drink normally after the examination.

If you were given sedatives or relaxants you **must not drive a car or any other vehicle for the rest of the day of your examination. Your reactions may be slowed down, even if you feel fine.**

Complications

A colonoscopy is a very safe procedure, with a low risk of complications. This risk increases slightly when certain interventions are done, such as removal of larger polyps. The risk of complications increases with increasing age. In rare cases damage may occur to the wall of the colon, or major bleeding may occur. In most cases these situations can be resolved during the colonoscopy. It is very rare for major surgical interventions to be required.

You should seek medical care if

- You get persistent stomach pain (stronger than an ordinary tummy ache) to doesn't go away.
- You experience increasing bleeding from your rectum.
- You get a fever for no obvious reason.

When will I get the results?

Often we reach a diagnosis during the colonoscopy and can begin further treatment or additional examinations straight away. If we take tissue samples for examination under a microscope it can take up to two months before you receive the results. We will inform you once we have the results. The doctor who referred you will also get a copy of the results.

If we discover cancer we begin further special X-ray examinations. We will also contact the colorectal surgeons immediately, so that they can draw up a prompt treatment plan for you.

Contacts

Endoscopy Clinic, NÄL

Phone: 010-435 35 80
Answering hours: Monday–Thursday 08.00-11.00
Friday 08.00–10.00
or log in to www.1177.se

AK Clinic, NÄL

Phone: 010 - 435 48 30
Answering hours: Monday–Thursday 09.00–10:00 and 14.00–15.00
Friday 09.00–10.00

Laboratory Medicine, NU Medical Care

Phone: 010-435 27 01
Answering hours: Monday–Wednesday 10.30–14.30
Thursday–Friday 10.30–14.00
Closed for lunch 12.00–13.00