

Preparing for COLONOSCOPY & GASTROSCOPY

A gastroscopy is an examination to check the inside of your food pipe (oesophagus), stomach and duodenum. A colonoscopy is an examination of your rectum and colon. A flexible instrument equipped with a camera is used to take photographs and record moving images. The instrument also allows us to take tissue samples – if that is done it takes about 6–8 weeks to get your results back.

Before your examination you have to cleanse your intestine with a special laxative. Without a proper cleansing, the examination cannot be carried out satisfactorily.

The laxatives you have to buy before your examination are called Plenvu and Toilax. They can be bought without a prescription in any pharmacy. **Other laxatives than Plenvu and Toilax CANNOT be used.**

Read through these directions at least a week before your appointment so that you are properly prepared.

Your appointment will take approximately 1 hour.

Several examinations are carried out at the same time in different rooms at the clinic, and it can be difficult to estimate the time an examination will take. You may therefore have to wait before your examination. Make sure you arrive before your appointed time.

Going home afterwards

If you need analgesics and/or a sedative in connection with the examination you **must not** drive any type of vehicle in traffic until the following day. You therefore need to plan how you are going to get home.

If you have a pacemaker or an ICD

Notify the gastrointestinal clinic if you have either of these. You can do this **via 1177**: Search for "Mag-och tarmmottagning Endoskopi Skövde" or "Mag-och tarmmottagning Endoskopi Lidköping" and send a message. We will make a note of which device you have.

Medication

We want draw your attention to the fact that if you are taking **blood thinning** medication we need you to think about and decide on the following:

Undergoing a colonoscopy can imply a risk of bleeding if we remove polyps and/or take extensive samples of the mucous membrane. We therefore want you to pause your **blood thinning** medication as described in the guidelines below. You should therefore call the clinic that issues the prescriptions for your blood thinners and ask their advice. If your doctor is uncertain or has questions about why a pause is necessary, they can contact us or read the guidelines for Svensk Gastroenterologisk Förening (Swedish Gastroenterological Association), which every medical care centre has access to.

You must contact and reach an agreement with the doctor responsible for your blood thinning medication before you pause it.

| Blood thinners: | What you need to do: |
|---|---|
| Blood thinners: e.g. Xarelto, Pradaxa and Eliquis | Pause taking it 48 hrs before and on the day of the examination. <i>(E.g. if your examination is on a Monday: do not take blood thinners Saturday, Sunday or Monday)</i> |
| Blood thinner: Waran Please arrive 1 hour before your appointment for a PT test. | Pause during 5 days before and on the day of the examination. <i>(E.g. if your examination is on a Monday: do not take blood thinners from the Thursday of the week before)</i> |
| Blood thinners: e.g. Clopidrogel, Plavix, Grepid, Prasgruel, Brilique | Pause during 5 days before and on the day of the examination. <i>(E.g. if your examination is on a Monday: do not take blood thinners from the Thursday of the week before)</i> |
| Blood thinners: Trombyl and Persantin | These you can continue taking as normal, without a pause |

| Other medication: | What you need to do: |
|---|--|
| Iron supplements | Pause for a week before your examination. |
| Insulin or tablet treatment for diabetes | Contact your diabetes nurse well ahead of your examination and ask them whether you need to adjust your medication. |
| Bulking agents such as Inolaxol and Lunelax | Pause for at least 3 days before your examination. |
| Other medication e.g. blood pressure medication, antidepressants or others | You can continue taking them as you normally do. |

Preparations 1 week before your examination

Food and drink

From seven days before your examination you need to **avoid skins and seeds**.

To ensure that we can carry out the best examination possible, we ask you to **abstain from:**

- High-fibre foods such as **wholegrain** bread, muesli, porridge, wheat bran and linseeds.
- Fruits such as kiwis, citrus fruits, raspberries and grapes (they contain seeds).
- Vegetables with thick skins or seeds, e.g. tomatoes, beans, olives, maize, onion and asparagus.
- Nuts and quinoa.



Other than the above you can eat what you normally do until 2 days before the examination. It's fine to eat meat, chicken, fish, soup, potatoes, rice (not brown rice) and peeled vegetables as well as thoroughly cooked root vegetables.

Getting your intestine cleansed increases the likelihood of a good examination that doesn't miss anything due to foods remaining in your intestine.

Stool hydrator/softener

If you suffer from constipation it's a good idea to take something to soften your stool (e.g. Movicol) 5 days before you begin taking laxatives.

Make sure you drink extra liquids if/when you are taking Movicol – 4–5 extra glasses every day is a good idea.

2 days before the examination

Today you must only eat **liquid foods** without any bits.

Suggestions for liquid foods:

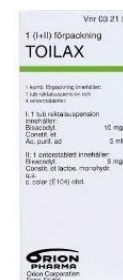
- Smooth soups, milk, *filmjöl*/kefir, yoghurt, quark
- Juice without pulp, Proviva drinks, fruit soups, rosehip soup
- Smooth fruit creams, ice cream without bits
- Smoothies, nutri-drinks, protein drinks

Toilax

Today you have to start taking your Toilax tablets that you bought at the pharmacy to prepare for the examination.

| Toilax | 2 days before the examination |
|-------------|-------------------------------|
| Time: 10.00 | Take 2 Toilax tablets of 5 mg |
| Time: 20.00 | Take 2 Toilax tablets of 5 mg |

Do **not** use the rectal suspension included in the packet before your examination; you can throw it away.



The day before the examination

Today you can only drink clear beverages!

Suggestions for clear beverages:

- Water, energy drinks, cordial (avoid red cordial),
- Broth without bits, apple juice, honey water
- Coffee and tea without milk
- Clear nutri-drinks (available in pharmacies), rehydration drinks

Remember that you have to be able to see through the glass once you've poured your drink into it – that means it's a clear beverage. That means you need to avoid things that look like Coke or rosehip soup. It's a good idea to add sugar or honey, to reduce the risk of a headache.

In the evening you begin taking PLENVU that you bought at the pharmacy

At 18.30 Mix Plenvu dose 1 with half a litre of cold water. Stir and wait until all of it has dissolved.

At 19.00 – 20.00 Drink a glass of water/clear beverage and then begin drinking Plenvu.

Spread evenly across 60 minutes you have to drink half a litre of Plenvu **and at least half a litre of clear beverage**. Drink one glass of clear beverage between each glass of Plenvu. You will begin to notice the effect of Plenvu within 1–2 hours, and you should be near a toilet.

The day of the examination

Mix Plenvu dose 2 (NOTE: two sachets) with half a litre of cold water. Drink a glass of water before you begin drinking Plenvu. Today you must **NOT** drink coffee.

5 hours before your appointment (use the table below for guidance) you have to drink half a litre of **Plenvu dose 2** and at least half a litre of a clear beverage. Drink a glass of clear beverage between every glass of Plenvu, evenly **spread across 60 minutes**. Remember to drink slowly. It's a good idea to have a throat lozenge to suck on between drinks.

The table below shows how to plan taking your laxative based on the time of your appointment. Note that these are approximate times; refer to the time that comes closest to the time of your appointment. The rule of thumb is that you begin taking the final dose no later than 5 hours before the time of the appointment and that you finish it 4 hours before that time. **You have to fast completely for 4 hours before the examination in order for your stomach to be empty.**

| Time of the appointment | Dose 1 – taken the day before the appointment | Dose 2 – taken on the day of the appointment |
|-------------------------|---|--|
| 08.00 | 19.00 | 03.00 |
| 09.00 | 19.00 | 04.00 |
| 10.00 | 19.00 | 05.00 |
| 12.00 | 19.00 | 07.00 |
| 13.00 | 19.00 | 08.00 |
| 14.00 | 19.00 | 09.00 |

Taking laxatives if you have a stoma

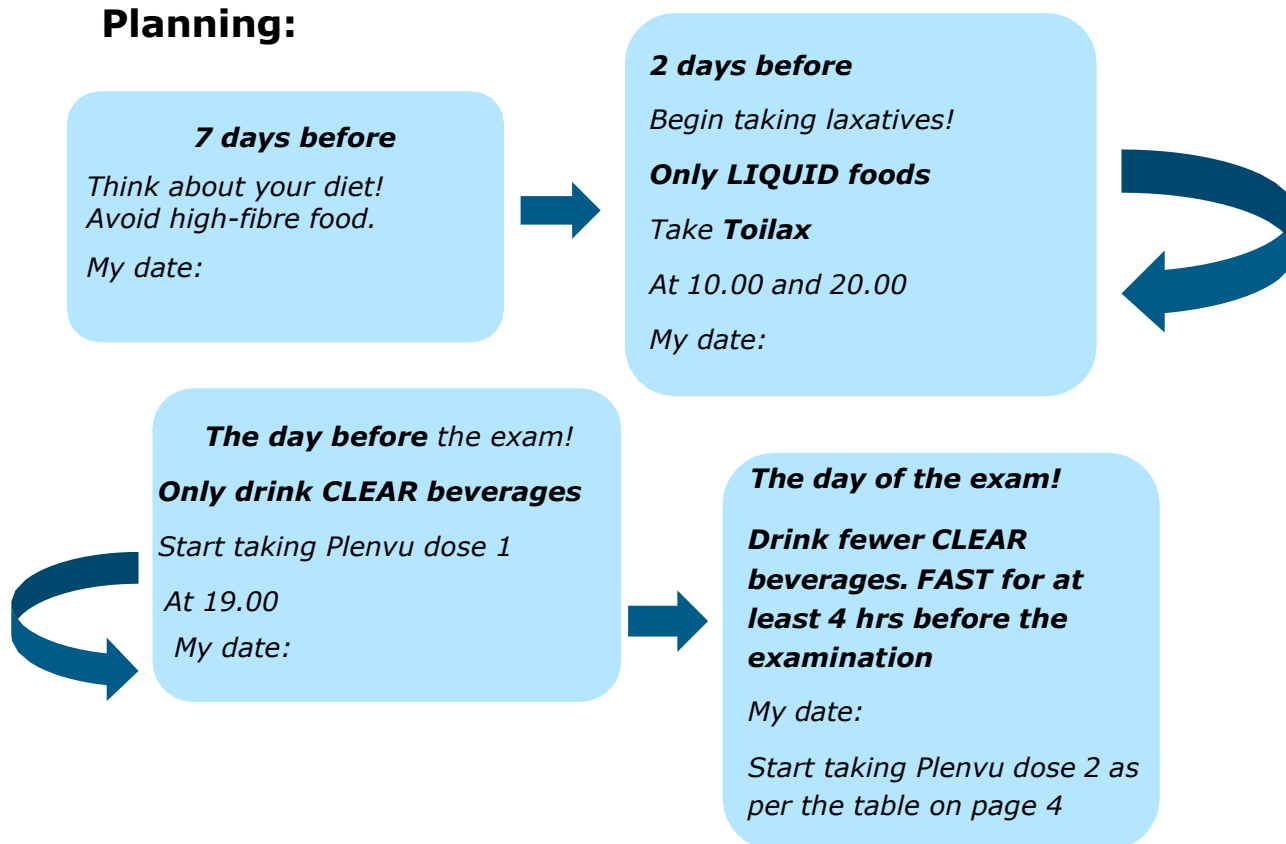
If you have a stoma we recommend that you contact your stoma therapist before you begin taking laxatives. They will provide advice and help with pouches that can be emptied.

Video about taking the Plenvu laxative

If you scan the QR code on the right with your mobile phone, or visit www.medicininstruktioner.se/norgine/plenvu/ you can see a video about how to prepare your laxative. Follow the dosage schedule for evening/morning divided dose. **It is important that you follow the time indications in the table above and the other instructions in this leaflet.**



Planning:



Changing or cancelling your appointment

If you need to change or cancel your appointment, do that via www.1177.se. Search for "Mag-och tarmmottagning Endoskopi Skövde" or "Mag-och tarmmottagning Endoskopi Lidköping" and send a message. We'll make a note of the change.

If you don't have access to 1177, phone during phone attendance hours. In some cases you can also leave a message on an answering service.

Changes or cancellations should be made at the earliest possible time, preferably no less than 3 days before you appointment.

If you fail to appear without having notified us at least 24 hours beforehand you will be charged a patient fee.

You're welcome to contact us with any questions!



Summary

- **Buy your laxatives well ahead of your examination.**
- Follow our instructions for taking the laxatives. If you don't, there is a considerable risk that you'll have to repeat the examination.
- Avoid seeds and fibre already a week before your appointment.
- If you are given medication in connection with the examination you are not allowed to drive any type of vehicle in traffic until the following day. Remember to plan your journey home.
- **Review your medication** – bring a current medication list.
- If you are being **treated with Waran**, arrive 1 hour before the appointment to take a PT test.
- We suggest you watch the video about taking laxatives.

