



Angered's Närsjukhus

ENDOSCOPY

CLINIC

How to prepare for and what to expect from your
ENDOSCOPY EXAMINATION

ENGELSKA

Welcome to Angereds närsjukhus!

This booklet contains all the information needed to be thoroughly prepared for your endoscopy examination.

It will state clearly in your appointment letter which examination applies to your visit.

Carefully read the chapter "*Your medication*" and make sure you take the relevant steps where needed.

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! YOUR MEDICATION

DO YOU TAKE ANY OF THESE MEDICATIONS?

7
days
before

- **Waran, Apekumarol or Warfarin?** You should contact your AK clinic/ treating physician at least *7 days before* the examination for a temporary discontinuation of treatment.

5
days
before

- **Brilique, Clopidogrel, Cloriocard, Efient, Gripid, Plavix or Ticlid?** You should contact your treating physician at least *5 days before* the examination for a temporary discontinuation of treatment.

1
day
before

- **Eliquis, Lixiana, Pradaxa or Xarelto?** You will need to stop taking any of this medication *1 day before* the examination.

THE
DAY
of the
examination

- **Acetylsalicylsyra, Fragmin, Innohep, Klexane or Tromblyl?** You should not take this medication *on the same day* as your examination.

IRON SUPPLEMENT

Stop taking iron supplements *7 days before* your examination. This **ONLY** applies to colonoscopy and sigmoidoscopy examinations.

INSULIN

If you have insulin treated diabetes, please inform us when you make your appointment. You will then receive a morning appointment where possible.

OTHER MEDICATION

All other medication can be taken as usual until the day of your examination. You can take them up to *2 hours before* your examination.

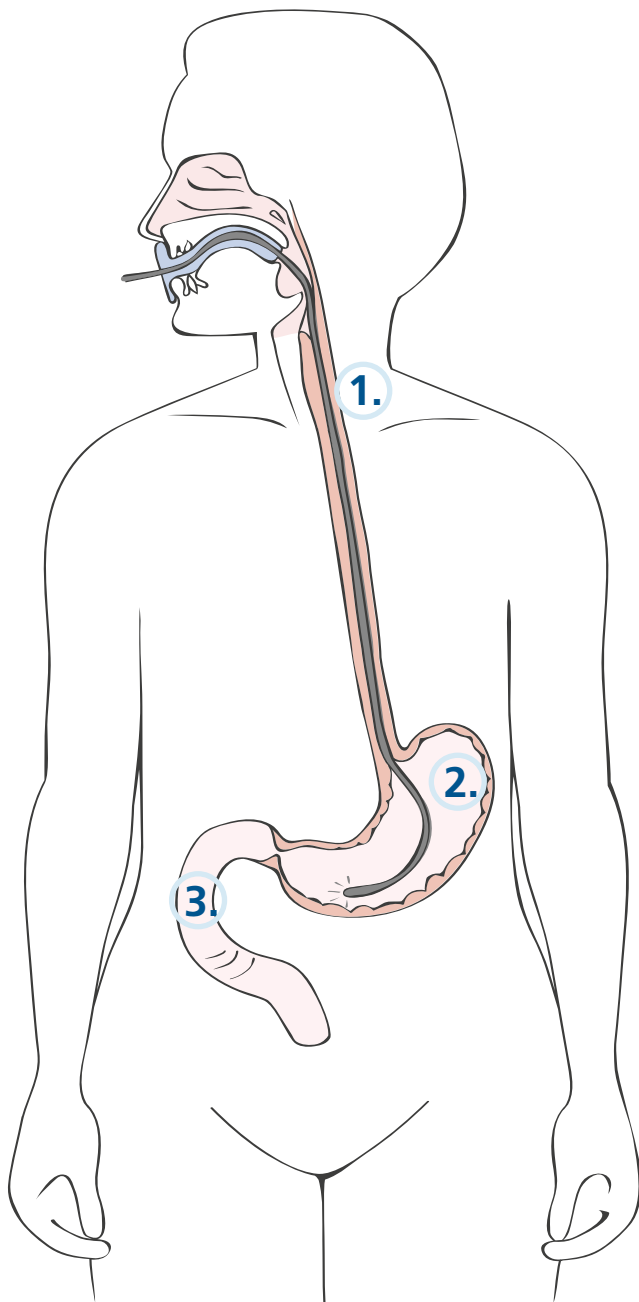
PAIN MEDICATION AND RELAXANTS – MEDICATION AND DRIVING

During your examination it may be necessary to use relaxants and/or pain medication. If this medication is required, you will be unable to drive any form of vehicle for at least 24 hours. We strongly recommend that you plan your journey home in advance.

PRESCRIPTION

Colonoscopy and sigmoidoscopy: Laxative medication is used in preparation for both a colonoscopy and a sigmoidoscopy examination. We will send you an electronic prescription which you will be able to collect from the pharmacy (Apotek) of your choice. We recommend that you collect the medication at least a week before your examination.

The medications are free of charge if you pick them up at one of the following pharmacies: Apoteksgruppen, Apotea, Apoteket AB, Kronans Apotek or Lloyds.



By using a gastroscopy, we can examine (1) Oesophagus (2) Stomach (3) Upper part of the small intestines.

GASTROSCOPY

A gastroscopy is an examination of the oesophagus, stomach and upper part of the small intestines. The examination is performed using a long, thin, flexible tube with a small camera inside which is fed in via your mouth, down your throat and into your stomach and intestines.

The examiner then inspects the inner lining of the intestinal tract (intestinal mucosa), takes samples and can perform various treatments where needed.

If you wish to know more regarding a gastroscopy you can read about it via The Healthcare Guide 1177.



About gastroscopy on 1177.

Why do I need a gastroscopy?

There are many reasons that your doctor will choose to do a gastroscopy, such as acid reflux, difficulties swallowing, nausea, vomiting, stomach pains and weight loss.

For the examination to be successful it is very important that your stomach is completely empty. You should stop eating solid food 6 hours before the examination and stop drinking 2 hours before.

Some medications are exempt – read more under *Your medication* on page 3.

What to expect during the examination?

You will be given local anaesthetic (in spray form) in your mouth before the examination which will make things more comfortable. The examination will take a few minutes and during that time it may be necessary to take biopsies. If this is the case, you will receive the relevant information from your examiner.

In most cases you will be able to leave the hospital immediately after your examination, but you cannot eat, drink or take any medication for at least *1 hour afterwards*. This is because the local anaesthetic can cause problems when swallowing.

Complications and risks

Complications after a gastroscopy are very rare. You can sometimes experience discomfort in your throat which is completely normal and should resolve itself in a few days.

If after the examination you have severe and/or persistent pain behind your sternum (chest), in your stomach or have blood in your faeces you will need to go to your nearest emergency room (Akuten) as soon as possible.

SIGMOIDOSCOPY

A sigmoidoscopy is an examination of the lower part of the large intestines. The examination is performed using a long, thin, flexible tube with a small camera inside which is carefully fed into the intestines through the rectum.

The examiner then inspects the inner lining of the intestinal tract (intestinal mucosa), takes biopsies and where needed performs various treatments.

If you wish to know more regarding a sigmoidoscopy you can read about it via The Healthcare Guide 1177.



About sigmoidoscopy on 1177.

Why do I need a sigmoidoscopy?

There are many reasons that your doctor may choose to do a sigmoidoscopy, such as blood in the faeces, a change in bowel habits and if they suspect a tumour.

What to expect during the examination?

The examination usually takes no more than 20 minutes.

Preparation with Klyx: The lower part of the intestines must be emptied with the help of an enema prior to the examination. It is important that your intestines are completely empty so that the examiner can clearly see the full intestinal lining.

You will need to take 2 Klyx (enema) before the examination.

- One KLYX on the **evening before** the examination.
- One KLYX in the **morning of** the examination.

We will send an electronic prescription for KLYX x 2 which you can collect from the pharmacy (Apotek) of your choice.

You can eat and drink as normal before your examination.

Risks and Complications

Complications after a sigmoidoscopy are very rare.

Some experience bloating, tenderness, general discomfort or a small amount blood in the faeces afterwards (for example after polyp removal or after biopsies are taken). This is completely normal and will resolve itself within a few days.

Severe complications, such as severe rectal bleeding or tearing in the intestines are extremely unusual. If you have severe stomach pains, fever or excessive bleeding you will need to go to your nearest emergency room (Akuten) as soon as possible.

COLONOSCOPY

A colonoscopy is an examination of the bowels. The examination is performed using a long, thin, flexible tube with a small camera inside which is fed into the intestines through the anus.

The examiner inspects the intestinal lining (intestinal mucosa), can take samples or perform various treatments where needed.

If you wish to know more regarding a colonoscopy you can read about it via The Healthcare Guide 1177.



About colonoscopy on 1177.

Why do I need a colonoscopy?

There are many reasons that your doctor may choose to do a colonoscopy, such as bleeding from your anus, blood in your faeces, diarrhoea or constipation that persists, losing weight or feeling exhausted for no reason. It can also be used to check for growths such as polyps and may be used to investigate the cause of low iron levels.

What happens during the examination?

The examination normally takes about 30–45 minutes.

During a colonoscopy, air is used to inflate your bowels which can sometimes cause bloating, discomfort or pain after the examination.

You can usually leave the hospital straight after the examination and eat and drink as normal. IF you have been given sedation and/or pain medication you may need to stay at the hospital and rest a little while afterwards.

You can resume taking your medication as usual after the examination unless the doctor recommends an alternative.

Risks and complications

Complications after a colonoscopy are very rare.

Some experience bloating, tenderness, general discomfort or a small amount blood in the faeces afterwards (for example after polyp removal or after biopsies are taken). This is completely normal and will resolve itself within a few days.

Severe complications, such as severe rectal bleeding or tearing in the intestines are extremely unusual. If you have severe stomach pains, fever, or excessive bleeding after the examination you will need to go to your nearest emergency room (Akuten) as soon as possible.

PLENVU

Plenvu is a laxative that you will take in preparation for your examination. It will completely empty your bowels and you will need to be close to a toilet when taking Plenvu.

It is very important that your bowels are completely empty and clean, otherwise the examination may not be successful, and the remaining waste could hide pathological changes. This could result in having to repeat the test. When the bowels are properly emptied the examination take less time and cause less discomfort.

Useful information

Drink as much clear liquid as you can both before and after you take Plenvu. When we say clear liquids, we mean water, broths without bits, smooth juice, squash (soft), tea and coffee without milk. Drink warm (clear) drinks with honey or sugar if you feel chilled or get headaches. You can also suck on hardboiled sweets during the time you take Plenvu.



It is very important that you follow the instructions exactly as explained in point 1–4.

1. ONE WEEK BEFORE YOUR EXAMINATION

The week before your examination you must avoid eating the following foods.

- Foods that contain high amounts of fibre, for example wholemeal bread, muesli, wheat bran, porridge, and flaxseed.
- Fruits such as kiwi, citrus fruits, raspberries, and grapes.
- Vegetables with thick skin, seeds, and kernels such as tomatoes, olives and sweetcorn, asparagus.
- Nuts and quinoa.

Other than the above you can eat as usual until *two days before* your appointment.

If you are being treated with iron supplements you will need to stop taking these *at least 7 days before* your examination. If you are taking blood-thinning medication, carefully read the section "*Your medication*" on page 3. Take other medication as usual.

2. TWO DAYS BEFORE YOUR EXAMINATION

You can only eat liquid foods without bits in, such as yoghurt, smooth soups and puddings.

7
days
before

2
days
before



3. THE DAY BEFORE YOUR EXAMINATION

The *day before* your examination you can not eat anything at all. You can drink clear liquids such as water, broths without bits, smooth juice, squash (soft), tea and coffee without milk.

At 19:00 on the day before

- Mix bag **1** of Plenvu in a jug with 5 deciliters of cold water. Leave the mixture to stand for 10 minutes.
- Pour up 5 deciliters of water in another jug.
- Alternate 1 deciliter of Plenvu and 1 deciliter of plain water every 10 minutes, taking small sips till it is all gone.
- Take 2 Toilax tablets orally



4. THE DAY OF YOUR EXAMINATION

You can drink clear liquids until the time of your examination.

Check your appointment letter for the time of day that your examination will take place, **morning** or **afternoon**. Then follow the instructions below.

WHAT TIME OF DAY IS YOUR APPOINTMENT?

Morning appointment

Between 07:30–12.00

At 05:00–06:00

Mix bags **2A** and **2B** of Plenvu in a jug with 5 deciliters of cold water. Leave the mixture to stand for 10 minutes.

Pour up 5 deciliters of water in another jug. Alternate 1 deciliter of Plenvu and 1 deciliter of plain water every 10 minutes, taking small sips. Drink up all of it within one hour.

Take 2 Toilax tablets orally

At 07:00

Take the Toilax rectal suppository.

Afternoon appointment

Between 12:30–16:00

At 08:00–09:00

Mix bags **2A** and **2B** of Plenvu in a jug with 5 deciliters of cold water. Leave the mixture to stand for 10 minutes.

Pour up 5 deciliters of water in another jug. Alternate 1 deciliter of Plenvu and 1 deciliter of plain water every 10 minutes, taking small sips. Drink up all of it within one hour.

Take 2 Toilax tablets orally

At 10:00

Take the Toilax rectal suppository.

What to do if you are using

VISTAPREP or LAXABON

Vistaprep and Laxabon are laxatives. You will take either Vistaprep or Laxabon in preparation for your examination. They will completely empty your bowels and you will need to be close to a toilet when taking Vistaprep or Laxabon.

It is very important that your bowels are completely empty and clean, otherwise the examination may not be successful, and the remaining waste could hide pathological changes. This could result in having to repeat the test. When the bowels are properly emptied the examination take less time and cause less discomfort.

Useful information

Drink as much clear liquid as you can both before and after you take Vistaprep or Laxabon. When we say clear liquids, we mean water, broths without bits, smooth juice, squash (saft), tea and coffee without milk. Drink warm (clear) drinks with honey or sugar if you feel chilled or get headaches. You can also suck on hardboiled sweets during the time you take Vistaprep or Laxabon.



It is very important that you follow the instructions exactly as explained in point 1–4.



1. ONE WEEK BEFORE YOUR EXAMINATION

The week before your examination you must avoid eating the following foods.

- Foods that contain high amounts of fibre, for example wholemeal bread, muesli, wheat bran, porridge, and flaxseed.
- Fruits such as kiwi, citrus fruits, raspberries, and grapes.
- Vegetables with thick skin, seeds, and kernels such as tomatoes, olives and sweetcorn, asparagus.
- Nuts and quinoa.

Other than the above you can eat as usual until *two days* before your appointment.

If you are being treated with iron supplements you will need to stop taking these *at least 7 days before* your examination. If you are taking blood-thinning medication, carefully read the section "*Your medication*" on page 3. Take other medication as usual.

2. TWO DAYS BEFORE YOUR EXAMINATION

You can only eat liquid foods without bits in, such as yoghurt, smooth soups and puddings.



3. THE DAY BEFORE YOUR EXAMINATION

The *day before* your examination you can not eat anything at all. You can drink clear liquids such as water, broths without bits, smooth juice, squash (soft), tea and coffee without milk.

Check your appointment letter for the time of day that your examination will take place, **morning** or **afternoon**. Then follow the instructions below.

WHAT TIME OF DAY IS YOUR APPOINTMENT?

Morning appointment Between 07:30–12:00	Afternoon appointment Between 12:30–16:00
At 08:00 Take 2 Toilax tablets orally.	At 08:00 Take 2 Toilax tablets orally.
At 14:00 Mix 2 bags of Vistaprep/Laxabon in 2 litres of water and drink it all within 1 hour.	At 18:00 Mix 2 bags of Vistaprep/Laxabon in 2 litres of water and drink it all within 1 hour.
At 20:00 Mix 1 bag of Vistaprep/Laxabon in 1 litre of water and drink it all within 1 hour. Take 2 Toilax tablets orally.	At 20:00 Take 2 Toilax tablets orally.

4. THE DAY OF YOUR EXAMINATION

You can drink clear liquids until the time of your examination.

Follow the instructions for **morning** or **afternoon** appointment.

WHAT TIME OF DAY IS YOUR APPOINTMENT?

Morning appointment Between 07:30–12:00	Afternoon appointment Between 12:30–16:00
At 06:00 Mix 1 bag of Vistaprep/Laxabon in 1 litre of water and drink it all within 1 hour Take the Toilax rectal suppository.	At 08:00 Mix 2 bags of Vistaprep/Laxabon in 2 litres of water and drink it all within 1 hour. Take the Toilax rectal suppository.



Foto: Bert Leanderson

If you have any further questions or issues, please do not hesitate to contact us at the Endoscopy clinic where we will be pleased to assist you in any way we can. You can call us Monday to Friday 07:00 – 16:00. Alternatively, leave a message and we will contact you.

You can also contact the healthcare guide 1177 by telephone or visit their website www.1177.se if we are unavailable.



1177.se



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Angereds närsjukhus is part of SV Hospital Group (Alingsås lasarett, Angereds närsjukhus, Frölunda specialistsjukhus/Högsbo närsjukhus, Kungälv sjukhus)