

Gastroenterologische Gruppenpraxis, Bern

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Preparation for Colonoscopy with MOVIPREP®

Dear Madam/Sir

For the examination of the colon a flexible tube (endoscope) with a diameter of approximately 8 mm will be introduced through the anus into the colon. To allow optimal inspection of the colon using this video equipment the colon obviously needs to be empty and clean, as otherwise pathology may be obscured. You therefore need to observe the procedure described below carefully to ensure adequate cleansing of the colon.

Colonoscopy is an outpatient procedure and in Switzerland is generally performed without any sedation or injections. However, if you are anxious about the procedure or have had multiple abdominal operations, you do have the option of having the colonoscopy under sedation, while you are asleep. Please discuss this option with your doctor if you prefer this.

Please follow the colon cleansing procedure described precisely for the best effect:

Laxatives:

MOVIPREP®: please either hand in the prescription at the pharmacy or collect drugs from your doctor. Further information can be found on our website at <http://www.gastroenterology-bern.com> (→Forms →Preparation for colonoscopy in English 🇨🇭)

- Place dissolved solution in fridge, as cool solution tastes better.

Preparation:

Day before colonoscopy:

- Do not eat fatty foods, fruit, fruit juices, muesli cereals, salad or vegetables and refrain from taking iron-containing medications.
- **At 6.00 pm: Pour the contents of both sachets into a container and add 1 litre of water. Drink this during the next 1 to 2 hours.** We strongly recommend drinking at least one further litre of any clear liquid.
- Eat no more solid food until the examination! You can eat: yoghurt, pudding, clear soup. Drink tea, still water or lemonade, but no milk, please!

On day of colonoscopy:

- No food (remain fasted), drinking is permitted, but only black or herbal tea (i.e. no milk) or still water.
- **Pour the contents of both sachets into a container and add 1 litre of water. Drink this during the next 1 to 2 hours.** We strongly recommend drinking at least one further litre of any clear liquid.
- MOVIPREP® must be finished **at the latest 1 hour before the start of the examination.**
- *If you have your examination with sedation, it must be finished **at the latest 2 hours before the start of the examination.***

Please phone us if you have any questions.

Attached: Prescription