

Präparation for endoscopy using CLENSIA

Colonoscopy is performed with a flexible plastic device (endoscope) the thickness of an index finger. To get a good overview the colon has to be prepared. **A well-prepared colon is your contribution to a successful and pleasant examination.**

CLENSIA is a mixture of various salts with macrogol to produce an isotonic solution with the purpose of an intense cleansing of the entire intestines. Flavoring makes it easier to take. The solution is sugar-free, so minimal salt absorption or loss occurs during colon cleansing.

Preparation should be carried out according following instructions:

- 1 week before the examination you should avoid eating grains and food containing seeds (full grain bread, nuts, grapes, tomatoes etc.).
- 24 hours before the examination you shouldn't eat anything solid at all. However you should drink plenty of clear liquids (tea, water, clear broth, clear juices, black coffee, soft drinks etc.)
- **On the day of the procedure** you prepare the CLENSIA solution. The contents of two sachets A and two sachets B each make 1 liter of ready-to-drink solution.
- Drink 1 liter of CLENSIA at each of the times listed below within 1 – 2 hours. It could be easier to drink if refrigerated.
- To support the process please additionally drink approx. ½ - 1 liter of freely chosen clear liquids.



Intake on the day before:

1. portion of Clensia
at **16:00**
2. portion of Clensia
at **20:00**

- Usually the first bowel movement occurs within the first two hours.
- The last stools should consist of clear yellowish liquids without residue.
- If nausea and abdominal pain occur, the intake of the solution should be slowed down or temporarily stopped.
- You shouldn't drink anything two hours before the examination.
- **Medication** can usually be taken as usual. Please inform us, if you're taking any blood thinning medication so it can be discontinued in time.



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Opening hours:

Mo, Tue & Thu: 8.00 – 17:00
Wed & Fr: 8:00 - 13:00

Your examination date

_____, the _____

at _____