

Preparation of the Colon with Klean-Prep

Underlying Principle of the Examination

The colonoscopy can be used to visualise pathological changes in the large intestine and the lowest part of the small intestine. For this purpose, a flexible instrument in the shape of a thin hose is used and inserted into the anus and advanced all the way to the caecum, while the patient is awake. An optical arrangement (telescope) allows the illumination of the inside of the intestine and detection of any changes. In addition, tissue samples can be obtained and protrusions of the mucous membranes, so called polyps, can be removed in the same session. Usually, the examination takes approx. 45 minutes and is associated with no more than moderate pain.

Please use public transportation or have somebody accompany you to my office so that I can use a sedative to kill the pain, if required. After an injection of sedative, you will be unfit to drive for the rest of the day.

Preparation for Colonoscopy

In order to render the colonoscopy as simple as possible, which is important for the results to be meaningful, the intestine must be completely cleansed from any stools before the examination. For this reason, it is important for you to strictly comply with the instructions given in the following. The sole purpose of the solution is to clean the intestine. It is not taken up by the body, but rather excreted entirely with the stools. The laxative effect of the Klean-Prep solution causes temporary diarrhoea.

On the day before the examination

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| Before 14:00 h | Eat only low-fibre meals, e.g. white bread, margarine, honey, jam with no seeds , meat, fish with white rice or pasta. |
| From 14:00 h | Do not eat anything else, but drink copious amounts of clear fluids, such as tea, coffee, non-carbonated mineral water, clear broth. No milk or milk products. |
| From 17:00 h | Drink 3 Litres of Klean-Prep solution over approx. 3 hours. Drink more during the night as desired. |

On the day of the examination

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| From 6:00 h | Drink 1 Litre of Klean-Prep solution over approx. 1 hour. It is allowed to drink more tea or water until the time of the examination. |
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*Preparation of Klean-Prep:

Dissolve the powder contained in one bag in 1 Litre water or broth. It is permissible to improve the flavour by adding some syrup or by refrigeration.