

A colonoscopy is currently the main examination carried out to establish whether there are any abnormalities of the large intestine. At the same time, a biopsy can be taken that can be examined under the microscope immediately. Sometimes an X-ray is also required.

It is very important for this examination for the intestine to be empty. All stool residues must be evacuated from the large intestine. This is why you should follow a residue-free diet for three days and you will be given laxatives.

**What is expected of you:**

- Follow a residue-free diet and drink a lot for three days
- If you are chronically constipated, start the diet six days beforehand.

The day before the examination:

- Only liquid food (no milk!).
  - ↳ **Allowed:** broth, sugared water, soft drinks, Nutridrink (available from pharmacies)
  - ↳ **Compulsory:** drink 4 litres of Klean-Prep spread over the entire day

Instructions for preparing KLEAN-PREP:

*Dissolve 1 sachet of KLEAN-PREP in 1 litre of still water. Mix well until the powder has completely dissolved. In this way you will make a total of four litres. Place the 4 litres of dissolved liquid in the fridge. It will taste better if drunk cold. You can also add grenadine for the flavour.*

- 1 litre KLEAN-PREP between 8.00 and 10.00 am
- 1 litre KLEAN-PREP between 12 noon and 2.00 pm
- 1 litre KLEAN-PREP between 4.00 and 6.00 pm
- 1 litre KLEAN-PREP between 8.00 pm and 10.00 pm

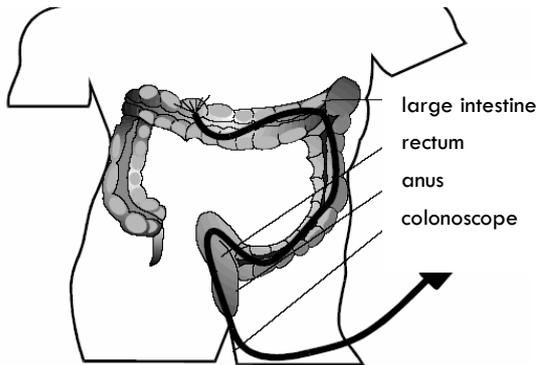
Day of appointment:

- Do not breakfast, but you may drink water.

People suffering from constipation would do best to follow the residue-free diet for six days and try to drink between two and three litres of water every day.

**What you should take into account:**

KLEAN-PREP is designed to rinse the large intestine and this results in watery stools. There may be some nausea, a bloated feeling, intestinal cramps and tingling around the anus. It is quite usual to have no or far less bowel movement when you follow the diet, since your large intestine is virtually empty. You are not constipated and your bowel movement will gradually return to normal once you begin eating normally again. A diabetes diet or a diet with limited salt intake, prescribed by a general practitioner, should not be stopped but the residue-free diet should be adapted to it.



Some drugs need to be stopped in time.

Consult your general practitioner (family doctor) about this

- anti-coagulants (Sintrom, Marevan, Marcoumar,)
- Asaflow or all aspirin-based medication
- iron supplements.
- The taking of Ticlid or Plavix, when taken due to the presence of a stent, must NOT be stopped on account of the risk of restenosis in the stent – although the risk of bleeding is then increased if a polyp is removed.

It is best to take with you a list of the medication you take for the specialist planning the examination and the specialist conducting the examination.

It is also important for the specialist to be aware of any other health problems, in particular heart and lung problems, artificial heart valves and pregnancy.

The examination is conducted under sedation (light anaesthetic).

**It is advisable to arrange for someone to drive you to the examination and take you home again.**

#### The examination:

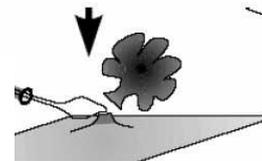
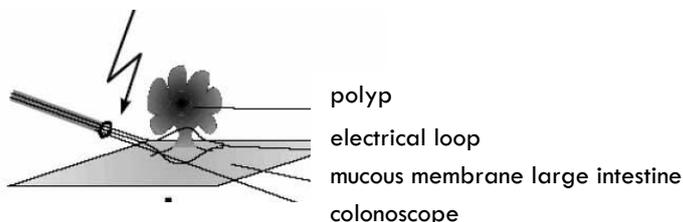
At the start of the examination an anaesthetic, analgesic drug will be administered to increase comfort during the examination and relax the large intestine as much as possible.

The large intestine is examined using a flexible tube known as the colonoscope. This is inserted via the anus and pushed through to the end of the small intestine. Other instruments can be inserted through the colonoscope to take tissue samples or administer treatments.

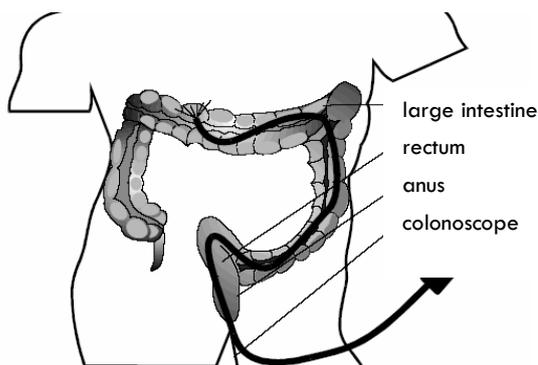
The specialist often takes biopsies from one or more places to gather information about the condition of the mucous membrane, beyond that which he can see with the naked eye. If a polyp is found, he removes this straight away if necessary. The examination takes approximately 30 minutes.

#### What is a polyp:

Polyps are enlarged growths in the mucous membrane of the intestine. If their size and position allow, they will be removed immediately. A heated loop is used for this purpose (=electrical bistoury). Removing a polyp can cause bleeding. Sometimes for 24 hours, sometimes for up to a week afterwards.



Photograph source: ULM uni



### **Is a colonoscopy safe:**

A colonoscopy of the large intestine, possibly with the removal of polyps, is now a routine examination. Nevertheless, in very exceptional cases complications may arise such as:

- Damage to or perforation of the intestine wall by the endoscope, after removal of a large polyp. This may make a small operation necessary. If a large polyp has to be removed, the specialist will discuss this with you beforehand. Sometimes hospitalisation is planned.

- Sometimes removing polyps can cause slight bleeding. In most cases this can be remedied immediately by means of a local injection of medication via the endoscope.
- If bleeding occurs when you are at home, contact your general practitioner or the specialist who carried out the examination. In case of emergency, go to casualty.
- In extremely rare cases hypersensitive reactions may occur as a result of the medication administered.
- If you would like more details about this, talk to your specialist beforehand.

### **Symptoms that may point to a complication:**

- pain in the chest or stomach
- fever
- shivering
- bringing up blood
- blood loss in stools

In these cases it is very important that you consult your specialist.

### **After the examination:**

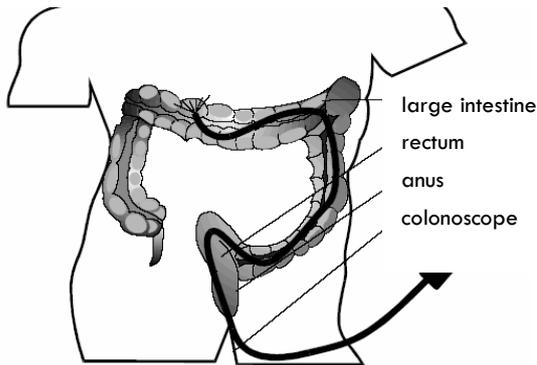
Because of the anaesthetic you have you stay after the procedure until the effects of the substance have worn off (one to two hours). You may not drive or engage in any other potentially dangerous activities for the next 12 hours.

After the examination you may experience stomach cramps and a bloated feeling. This is because of the air that is injected during the examination. This will soon disappear if you can break wind a little.

Generally speaking you will be able to eat normally after the examination. In some cases the specialist may prescribe a diet for a short period, for instance after the removal of a polyp. Starting any anti-coagulant medication again will be discussed with the specialist who conducted the examination or with your general practitioner.

### **Result:**

The specialist sends the results to your general practitioner. Only he/she can discuss the results with you



**Residue-free diet**

**Breakfast:** white bread or rusk, spread as usual with butter or margarine, smoke-dried meat or boiled liver, sliced roast beef, hard-boiled egg, young firm cheese or white cottage cheese, coffee or tea as preferred with sugar.

**Lunch:** defatted stock, tapioca or vermicelli, boiled rice with butter and margarine, veal stew, sieved fruit juice, dry cake, still water or mineral water.

**Tea time:** white bread or rusk, spread as usual with butter or margarine, honey or jelly, tea with sugar as preferred.

**Evening meal:** same as breakfast

Do not forget to drink enough between meals (3 litres per day)!

	<b>forbidden</b>	<b>permitted</b>
<b>cereal products</b>	brown bread, fantasy bread, whole wheat rusks, all pastry and oats, breakfast cereals	white bread, rusks, macaroni, spaghetti, hulled rice, semolina, corn flour, tapioca, vanilla flour
<b>dairy products</b>	milk and milk products low-fat yoghurt high-fat cheese	soft white cheese, young firm cheese
<b>fats and eggs</b>	browned butter or margarine, frying fat or frying oil, beef and pork fat, fatty sauces, mayonnaise, béarnaise sauce, tartar sauce, eggs (except for hard boiled)	butter, fresh or melted, non-browned oil, hard-boiled eggs
<b>sugar, sweets</b>	sweets containing fruit or nuts, jam, chocolate, confectionery	sugar, jelly, fruit syrup, honey
<b>soups</b>	all types of soups	defatted stock
<b>meat, fish and potatoes</b>	fatty meat such as : - bacon, ham, lamb, - pork bacon, fat, beef, - pork, sausage, - sausages, meat paste, meat preserves, game - all forms of potatoes	lean meat such as: - veal, chicken breast, - turkey low-fat fish such as: - cod, ray, plaice, - haddock, turbot and sole
<b>fruit and vegetables</b>	all vegetables, leguminous plants and fruit	tomato juice, strained grapefruit juice or orange juice
<b>desserts</b>	all products prepared with fruit	boudoir biscuits, cake without fruit, pudding without fruit
<b>sundry</b>	olives, pickles, other spices and seasoning, peanut butter, white sauce	salt
<b>drinks</b>	fizzy drinks, alcoholic beverages	water, coffee and tea