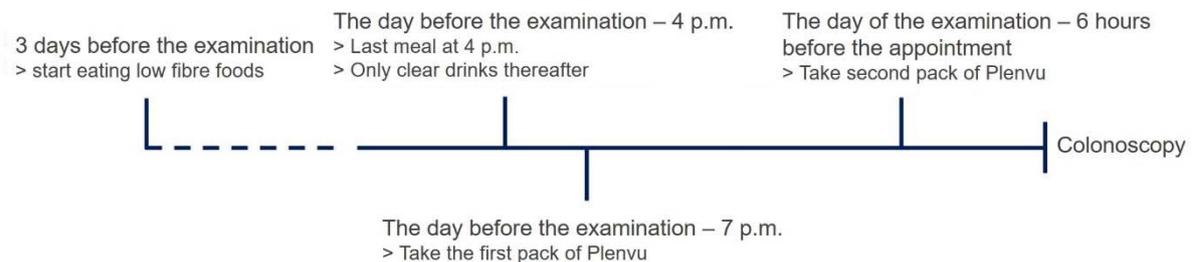


It is important that you strictly comply with the following guidelines before a colonoscopy. The colon must be completely clear and clean for this examination as waste material may prevent clear viewing.

Optimum preparation is a must to ensure a successful colonoscopy.

Diagram



Nutrition

STEP 1: From 3 days before the examination

Avoid foods containing pips such as grapes, kiwis and tomatoes and eat a low fibre diet in accordance with the following guidelines. If you're not sure about a certain food it is advisable not to eat it before the examination.

Bread, grain and starchy products

OK	Not OK
<ul style="list-style-type: none"> • White bread • White rusks • White rice • White pasta • Cornflakes (without adding fruit or nuts) 	<ul style="list-style-type: none"> • Potatoes or potato dishes • Wholemeal products • Muesli and grains

Meat, fish, eggs and vegetarian products

OK	Not OK
<ul style="list-style-type: none"> • Meat, fish or meat products without added gherkins, nuts, onion: <ul style="list-style-type: none"> ○ Fish 	<ul style="list-style-type: none"> • Pre-prepared meat or fish salads • Spicy or fatty meats such as paté • Breaded or deep fried meat or fish products

OK	Not OK
<ul style="list-style-type: none"> ○ Chicken fillet ○ Turkey fillet ○ Steak ○ Roast meat ○ Pork fillet ○ Hamburger • Egg or egg preparations • Natural quorn, tofu or seitan 	<ul style="list-style-type: none"> • Prepared meat substitutes • Dried pulses

Vegetables

You must not eat vegetables.

Fruit

OK	Not OK
<ul style="list-style-type: none"> • Tinned fruit in syrup or juice such as: <ul style="list-style-type: none"> ○ Peaches ○ Apricots ○ Pears 	<ul style="list-style-type: none"> • Any fresh or dried fruit • Tinned pineapple in syrup or juice

Milk and milk products

OK	Not OK
<ul style="list-style-type: none"> • Milk and milk products • Soy and lactose free products (without added fruit/nuts/muesli/grains) • Cheese without nuts or a hard crust 	<ul style="list-style-type: none"> • Any products with added fruit, nuts, muesli or grains • Cheese with nuts or a hard crust

Spreads and cooking fats

OK	Not OK
<ul style="list-style-type: none"> • Spreads and cooking fats 	<ul style="list-style-type: none"> • Oil for deep frying

Remaining group

OK	Not OK
<ul style="list-style-type: none">• Cake without fruit• Dry biscuits• Dextrose	<ul style="list-style-type: none">• Any preparations containing nuts, (dried) fruit or grains

Drinks

OK	Not OK
<ul style="list-style-type: none">• Clear fruit juice without bits• Soft drinks• Water• Sports drinks• Coffee and tea• Sieved soup (without vegetables) or clear broth	<ul style="list-style-type: none">• Alcoholic drinks

STEP 2: The day before the examination at 4 p.m.

From now on only eat:

- Rusks/crackers with jam (without pieces or seeds)
- Custard
- Yoghurt (without grains and/or fruit)
- Clear broth (without vegetables).

Only drink clear liquids as indicated above.

STEP 3: Do not eat anything anymore after 4 p.m. on the day before the examination until the examination has been completed.

Only drink clear liquids as explained above until 4 hours before the time of the appointment. Do not drink at all afterwards.

Medication

Plenvu® is available from your pharmacist without prescription.

If you suffer from constipation you should deal with it in the days leading up to the examination. Consult your GP or pharmacist regarding the correct treatment.

STEP 1: 1 day before the examination around 7 p.m.

- Mix the first pack of Plenvu® with 1/2 litre (500 ml) of cold water and stir until it becomes a clear liquid.
- Slowly drink up the liquid within a period of ½ hour (30 minutes) (= 1 glass every 10 to 15 minutes).
- Drink at least 1 litre of additional clear liquid in the following hour (see permitted drinks in the table above).

If the taste of the product is unpleasant, you can drink it together with the clear liquid within the hour.

STEP 2: The day of the examination: 6 hours before the time of the appointment:

- Drink a glass of water.
- Mix the second pack of Plenvu® (A+B) with 1/2 litre (500 ml) of cold water and stir until it becomes a clear liquid. Slowly drink up the liquid within a period of ½ hour (30 minutes) (= 1 glass every 10 to 15 minutes).
- Drink at least 1 litre of additional clear liquid in the following hour (see permitted drinks in the table above).

If the taste of the product is unpleasant, you can drink it together with the clear liquid within the hour.

Points of particular interest

- The examination will start as soon as your stomach has been empty for at least 4 hours.
- Result of good preparation = watery, pale yellow (not brown) stools without flecks of debris.
- Bring some spare underwear to be on the safe side.
- Insufficient preparation can result in the following:
 - The examination cannot be carried out.
 - The inspection is not quite successful (poor quality results).
 - Higher risk of complications.
 - Therapeutic intervention (e.g. polypectomy) is not possible.
 - Anaesthetists refuse to put the patient under sedation.

Questions or problems?

- In the event of medical questions concerning the preparation: call 016 34 33 52
- Concerning nutrition: send an e-mail to dieet@uzleuven.be