

## **PREPARATION FOR COLONOSCOPY WITH VISTAPREP**

For the examination to be carried out, the bowels must be thoroughly cleansed (using a laxative). Some foodstuffs should be avoided seven days prior to the examination as they may remain in the bowels, making the examination difficult or impossible.

For this reason, during the seven days prior to your examination, you must not consume:

- Iron tablets
- Bulk, e.g. Inolaxol, Lunelax
- Wholemeal products and seeds, e.g. flaxseeds, rolled oats, muesli, wholemeal bread
- Food that is hard to digest such as mushrooms, asparagus, onion, sweetcorn, peppers, pulp from citrus fruits
- Fruit, berries and vegetables with peel and pips, e.g. tomatoes, grapes, lingonberries, raspberries, kiwis, passion fruit

If you have problems with constipation:

we recommend you take Laktulos or Movicol, which you can buy without a prescription at a pharmacy, at least three days before you start taking laxatives. If you already use any of these products, you should continue to take it.

### **DAY BEFORE THE EXAMINATION**

Breakfast as usual, then a liquid diet only. After 1 pm you may only drink clear, transparent drinks (soft drinks/sodas, water with honey, clear energy drinks, juice without pulp, coffee/tea without milk).

Each bag of Vistaprep is dissolved in 500 ml of water; mix thoroughly until the powder has dissolved then add another 500 ml. Each bag should thus be dissolved in 1 litre of water in total.

Follow these instructions – not those that come with the packaging. The solution will be easier to drink if it is cool.

### **If your examination appointment is scheduled before 10 am, you should drink Vistaprep as follows:**

- 3 litres between 4 pm and 7 pm on the day before the examination
- 1 litre 4–5 hours before your appointment on the examination day

### **If your examination appointment is scheduled after 10 am, you should drink Vistaprep as follows:**

- 2 litres between 4 pm and 6 pm on the day before the examination
- 2 litres 4–5 hours before your appointment on the examination day

When you have drunk all the Vistaprep, you can continue drinking clear drinks (soft drinks/sodas, water with honey, clear energy drinks, juice without pulp, coffee/tea without milk) until your examination.