



Appointment: date.....time.....

Dear Patient,

you decided to have a colonoscopy be performed in order to exclude a medical problem of your colon such as polyps (prestage of colon cancer), diverticular disease, chronic inflammatory bowel disease or even just to make sure that everything is completely perfect.

For this matter it is extremely important to clean your colon perfectly, so we can investigate every square exactly and to ensure a maximum of safety. Here some useful informations how to clean your colon:

3 days before examination:

Recommended: Low-fibre food (e.g. with white bread), tea, fruit juices (not containing pulp)

Not recommended: Fruit or vegetables containing pips (kiwi fruit, tomatoes, grapes, bread with moon or sesam...)

Evening before examination:

- ⇒ Pour content of one Moviprep sachet in a container and add 1 liter of regular drinking water. Stir until the liquid is almost clear (this can take a few minutes).
- ⇒ Drink 1 litre of Moviprep between 6-8 p.m. within 1 to 2 hours. Try to drink one glass every 10 – 15 minutes.
- ⇒ It is essential to drink at least one further litre of any clear colorless liquid (clear apple-juice, water, clear soups without content, light lemonade e.g. Sprite)
- ⇒ Make sure you stay in the vicinity of an unoccupied toilet while taking Moviprep!

Early morning the day of examination:

- ⇒ Pour content of the other Moviprep sachet in a container and add 1 liter of regular drinking water. Stir until the liquid is almost clear (this can take a few minutes).
- ⇒ Drink the second litre of Moviprep between and again at least one further litre of any clear liquid (s.above)
- ⇒ You should be finished with taking Moviprep a full hour prior to the investigation.

Important precaution: Medication (e.g. heart tablets, diabetes medication or oral contraceptives) may be flushed out and may not work as they normally do. Please take the medication either 1½ hour before drinking Moviprep or 1½ hour after drinking.

Please mind that in case of sedation or narcosis **you must be picked up in our office rooms** by another person who must carry you home since by federal law you are not allowed to conduct a car or even take a bus on your own until the following morning. If there is no private person available to guard home, we will be happy to assist you in getting a taxi.

Please bring a towel to put around your hips during the investigation.

We wish you an acceptable colon preparation which allows a precise and careful examination and, a perfect result!

Your team of the Praxis am Park