

PD DR. MED. J.-P. GUTZWILLER & MED. PRACT. J.-P. RICHTERICH
FMH MAGEN- UND DARMKRANKHEITEN
Zürcherstrasse 61, 8800 Thalwil, Tel. 044 720 34 35, FAX 044 720 34 38
praxis@magendarm-thalwil.ch

PREPARATION FOR COLONOSCOPY
1 pm – 8 pm

Name of the patient:

Date of examination: Time:

For questions please contact us early!

2 days before the examination please only fiber-free diet!

Allowed: Bread without seeds, pasta, rice, potatoes without shell, fish, meat, yogurt without fruit pieces, cheese, eggs!

Forbidden: salad, vegetables, fruit, mushrooms, cereals, berries, grapes, kiwi, etc.

The day before the examination: after pm don't eat anything. It's allowed to drink clear and light liquids.

Examination-Day:from till please drink 4 liters Cololyt (**) (1 liter per hour, every 10 minutes 2 dl)

If the defecation is not clear after 4 liters Cololyt, please drink more clear liquid!

When you are thirsty or you get headache, you can drink clear liquids until 2 hours before the examination.

Allowed: sprite, water, clear apple juice, rivella, light tea (sugar is allowed)... etc.
Forbidden: milk coffee, coke..., etc.

(**) **Preparation Cololyt:** Each bag Cololyt mix with ½ liter of water and ½ liter of apple juice or orange juice. The solution is better when it's cold.

- ***The preparation should be ends 2 hours before the examination.***
- ***12 hours after the examination is it prohibited to drive a vehicle!!***
- ***The examination takes about 1 ½-2 hours.***
- ***Please bring your health insurance card and if present a medication list to the examination!***