



## **PREPARATIONS PRIOR TO GASTROSCOPY AND COLOSCOPY WITH LAXABON**

To enable the examination to be carried out, the bowels must be cleansed well (laxation). Certain foodstuffs should be avoided for 7 days before the examination, as they may remain in the bowels and make the examination difficult or impossible.

For seven days before your examination you should therefore NOT eat:

- Iron tablets
- Bulking agents; e.g. Inolaxol, Lunelax
- Nuts, seeds (e.g. linseeds, psyllium seeds, chia seeds, sunflower seeds)
- Muesli, breakfast cereals, wholemeal bread
- Wholegrain pasta, wholegrain rice, bulgur, quinoa
- Food that is difficult to digest, such as mushrooms, onion, corn, peppers
- Vegetables that are fibrous (asparagus, rhubarb) or raw vegetables, beans and lentils
- Fruit peel and kernels. Citrus fruit peel
- Berries (e.g. lingonberry, raspberry, blueberry). Fruit juices with strong colours such as beetroot juice, blueberry soup

If you have constipation trouble:

It is recommended you take Laktulos or Movicol, which you can buy at a pharmacist without a prescription at least 3 days before the start of laxation. If you are already using either of these, you should continue to take it.

### **THE DAY BEFORE THE EXAMINATION**

Breakfast as usual, then liquid food only. After 13:00 you may only drink clear and transparent drinks\* (cordial, soft drinks, honey water, uncoloured energy drinks, juice without pulp, coffee without milk).

Each bag of Laxabon is dissolved in 5 dl of water, mix thoroughly until the powder has dissolved and add a further 5 dl. Thus, each bag must be dissolved in a total of 1 litre of water.

Follow these instructions - not those shown on the packaging.

It will be easier to drink if the solution is chilled. Sucking on a throat lozenge will leave a more pleasant taste in the mouth.



If you have time for the examination before 10:00, you should drink Laxabon:

- 3 litres between 16:00 and 19:00 the day before the examination
- 1 litre 4-5 hours before your appointment on the day of the examination

If you have time for the examination after 10.00, you should drink Laxabon:

- 2 litres between 16:00 and 18:00 the day before the examination
- 2 litres 4-5 hours before your appointment on the day of the examination

When you have drunk up all of the Laxabon, you may continue to drink clear drinks\* up until 2 hours before the examination. Afterwards you may not eat or drink anything, or use chewing gum or lozenges, etc.