

# Patient Information

Preparation for colonoscopy with  
Vistaprep and Laxabon



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It is important that you are well-prepared before your appointment. In order to ease the examination and get a reliable result, please follow the instructions below carefully.

### As soon as convenient

- Pick up the prescribed laxative from a pharmacy of your own choice.
- Contact the admission ward if you are under treatment with anticoagulants or blood clot-preventing medications (does not apply to Trombyl).
- If you are a diabetic, please discuss any adjustments to your insulin with your doctor and carefully check your blood sugar levels during preparations for the examination.

### One week before the examination

#### Do not take iron tablets during the week before your examination

If you take iron tablets, you must stop taking them one week before the examination. You can continue to take other medication as usual with a little water. Note! Do not take this medication together with the laxative.

#### Eat properly

To get best result, the bowels must be thoroughly cleansed. You must therefore follow our dietary recommendations. Otherwise, we may have to do the examination all over again.

- **Eat a light diet** such as fish, chicken, plain yoghurt, fermented milk, white bread with cheese and ham, omelet, semolina porridge, ground meat, rice, potatoes and pasta.
- **Avoid wholemeal food** such as food with husks, seeds, flaxseeds, muesli, wholemeal bread, wholemeal pasta, wholemeal rice, sweetcorn, olives, tomatoes, beans, kiwi, citrus fruits, grapes, raspberries.

### The change in diet may cause constipation

If you easily become constipated, you can buy a drug against constipation without a prescription at a pharmacy. We recommend Laktulos or Movicol, which you take 3-5 days before the examination. If we have already prescribed Movicol, please follow the instructions on the prescription.

### Day before the examination

Drink plenty of liquid. Eat both breakfast and lunch.

- **Light breakfast:** scrambled eggs, omelet, fermented milk/yoghurt, soup, rice pudding, semolina porridge, cottage cheese, white bread (e.g. toast bread)
- **Lunch:** liquid diet such as thick, blended soups, e.g. potato soup or rose hip soup
- **After 1 pm,** you may only drink clear, transparent drinks. And drink plenty! For example, soft drinks/sodas, squash, juice

without pulp, broth, energy drinks and coffee or tea without milk.

- **Do not just drink water** and light products, as they do not contain any energy.

### Start treatment with laxative

Laxabon or Vistaprep are used for emptying your bowels, so that it is completely cleansed for your colonoscopy. It is very important to follow the steps, so that the examination can be carried out. Do not mix Laxabon or Vistaprep with other solutions or additives.

The solution will be easier to drink if it is cool. Take a lozenge to clear your palate.

#### Start treatment between 4 and 6 pm the day before the examination:

- One bag of laxative is dissolved in 1 litre of water, but in two steps. First mix the powder in 5 dl of water. Mix thoroughly until the powder has dissolved. Then add another 5 dl of water.
- **If your examination appointment is scheduled before 12 am:** mix and drink 3 bags, i.e. 3 litres of the laxative.
- **If your examination appointment is scheduled after 12 am:** mix and drink 2 bags, i.e. two litres of the laxative.

Make sure that you are close to a toilet when you start the treatment. You can protect the skin around the anus by applying some crème.

### On the day of the examination

On the day of examination, continue the treatment and drink plenty of liquid. Do not eat any food.

#### Start the last step of the treatment 5 hours before you go to the admission ward:

- Dissolve one bag of laxative in a total of 1 litre of water in two steps. First mix the powder in 5 dl of water. Mix thoroughly until the powder has dissolved. Then add another 5 dl of water.
- **If your examination appointment is scheduled before 12 am:** Mix and drink 1 bag, i.e. 1 litre of laxative, within 1 hour.
- **If your examination appointment is scheduled after 12 am:** Mix and drink 2 bags, i.e. 2 litres of laxative, within 2 hours.
- You can continue to drink clear drinks until your examination.

Note! You can continue to take any medication, but do not take it at the same time as you drink the laxative.