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PREPARING FOR YOUR COLONOSCOPY
6:30AM – 1:00PM

Patient's Name:

Date of the colonoscopy: Time:

Please contact us with any questions!

Eat only low-fiber food two days before the procedure!

Allowed: White bread, dark roast, pasta, rice, potatoes (skinless), fish, meat, yogurt without fruit pieces, cheese, eggs, bananas!

Avoid: Leafy greens, vegetables, fruit, mushrooms, muesli, foods containing seeds such as berries, grapes, kiwi, bread with seeds, etc.

The day before the procedure: after (time)
do not ingest any more foods and drink only clear liquids!

Allowed: Citro, water, clear apple juice, Rivella, clear (sweetened) tea, etc.

Not allowed: Milk, coffee, soda, etc.

As of approximately (time)..... drink liter Cololyt (**)

(approx. 1 Liter per hour, 2 deciliters every 10 minutes).

On the day of the test: as of..... (time) drink the rest of the Cololyt (**).Liter.

If after 4 liters of Cololyt your bowels are not clear, like chamomile tea, do drink additional light and clear liquids!!

Stop taking any liquids at least 2 hours before your appointment!

(**) **Preparation of the Cololyt solution:** 1 pouch of Cololyt with ½ liter of water, mixed with ½ liter of your liquid of choice: apple juice, orange juice, pineapple juice, addition of lemon juice, sweetened tea. It may be helpful to drink the solution cold.

- ▶ ***Bowel prep should end no later than 2 hours before your appointment.***
- ▶ ***Do NOT drive any vehicles for 12 hours after your colonoscopy.***
- ▶ ***The procedure takes about 1½ - 2 hours.***
- ▶ ***Please bring your health insurance card and a list of all the medications you take.***