

Instructions for bowel preparation with Clensia®

Dear patient

For colonoscopy it is of critical importance that your bowel is empty and clean.

What and when to eat before the procedure

Modify your diet two days before the procedure (no dietary fibre):

- Avoid eating fruit, berries, lettuce, vegetables, mushrooms, wholegrain products, nuts, seeds.
- Eat rice, pasta, potatoes without the skin, white bread, honey, cheese, meat, fish, eggs, etc.

Do not fast before administering Plenvu®. Do not eat anything from the time you start taking Plenvu® (Portion 1) until after the procedure. Drink sugar-free drinks in addition to Plenvu® until 3 hours before the procedure to avoid dehydration.

No tablets on the day of the procedure

Do not take any pills on the day of the procedure. If you are taking medications for inhalation (e.g. for asthma or COPD), continue those as usual.

Preparing and administering Clensia®

- **Portion 1:** Dissolve 2 large and 2 small sachets together in 1 litre of cold water. Have an additional 500 ml of water ready. Drink glasses of the prepared medicine and the ½ a litre of water alternately (1 glass of Clensia®/1 glass of water) over a period of 90 minutes.
- **Portion 2:** Same procedure as in Portion 1
- **Very important:** You must drink NOTHING during the 3 hours before your appointment!

After you have administered Portion 1, diarrhoea will start 1-3 hours later and will continue for 2-6 hours. While and after drinking Clensia®: Walk around (don't lie down). If your skin around the anus should be irritated: Apply a soothing ointment. If you feel nauseous: Take 1 tablet of Motilium® (domperidone). If no bowel movements have set in 3-4 hours after administering Portion 1 on the evening before the procedure, drink Portion 2 the same evening.

Take the medicine according to the time of your appointment:

What to take and when	Appointment between 08.00 - 09.10	Appointment between 09.20 - 11.10.	Appointment between 11.20 a.m. - 13.40	Appointment between 13.50 - 16.30.
Portion 1	Evening before proc. 19.00 - 20.00.	Evening before proc. 19.00 - 20.00.	Evening before proc. 19.00 - 20.00.	Day of procedure 07.00 - 08.00
Portion 2	Day of procedure 04.00 - 05.00.	Day of procedure 05.20 - 06.20	Day of procedure 07.20 - 08.20	Day of the procedure 09.50 - 10.50

Praxis
Dr. Michael Steuerwald

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Gastroenterologie
Hepatologie

Munzachstrasse 1a
4410 Liestal

Tel. 061 922 06 06
praxis.steuerwald@hin.ch
www.praxis-steuerwald.ch
