

Patient Information

Preparation
Vistaprep and Laxabon

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 Tromblyl).
- 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.

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, but note that you must not take this medication together with the laxative.

2-3 days before the examination

If you have diabetes, slow bowel movements or constipation, you can take Movicol or Lactulos in the morning and evening for 2-3 days before the examination. If you have been Movicol, please follow the instructions on the prescription.

Day before the examination

Avoid food that contains fibres, seeds and husks, such as wholemeal bread, tomatoes, wholemeal rice, raspberries and beans.

Until 1 pm, you may eat a light diet: yoghurt, pancakes, eggs, white bread.

After 1 pm, you may only drink clear, transparent drinks such as squash, soft drinks/sodas, , broth, and coffee or tea without milk. You may not eat solid foods until after the examination.

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.

If your colonoscopy examination is scheduled before 12 am:

- Start treatment with the laxative between 4 and 7 pm the day before the examination
- Mix 3 bags of laxative with water. Each bag must be dissolved in 1 litre of water. Drink a total of 3 litres
- Start the last step of the treatment 5 hours before you go to the admission ward: Mix and drink 1 bag, i.e. 1 litre of laxative, within 1 hour.

- Continue to drink clear drinks until your examination.

If your colonoscopy examination is scheduled after 12 am:

- Start treatment with the laxative between 4 and 6 pm the day before the examination.
- Mix 2 bags of laxative. Each bag must be dissolved in 1 litre of water. Drink a total of 2 litres.
- Start the last step of the treatment 5 hours before you go to the admission ward. Mix and drink two bags, i.e. 2 litres of the laxative, within 2 hours.
- Continue to drink clear drinks until your examination.

Tips!

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

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 creme.

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