

# INFORMATION SHEET

## IRRIGOSCOPY

### Information on the X-ray of the large intestine

#### **Purpose of the examination**

Your physician will refer you for irrigoscopy (X-ray examination of the colon) to clarify stool irregularities, diarrhea, constipation, inflammatory changes in the colon, diverticulitis and other indications.

#### **Information for the examination**

Please make an appointment for this examination and bring the following with you to the examination:

- **E-card and photo ID**
- **Original assignment (it must still be valid)**
- **2 bath towels**

We do not perform X-ray examinations on pregnant patients in our practice!

If you are under 14 years old, you must come to the examination accompanied by a parent or guardian or bring a written consent form.

#### **Preparing for the examination**

Thorough bowel cleansing is absolutely necessary to achieve an optimal examination result. Therefore please refer to the following recommendations.

#### **2 days prior to the examination:**

- Breakfast: Tea or black coffee with a rusk biscuit or dry bun
- Lunch and dinner: Clear soup, lean meat (e.g., boiled veal, beef, poultry or fish), white rice, pasta, dry white bread or a rusk biscuit
- Not allowed: Fat, sausage, milk and dairy products, wholemeal bread or wholemeal pastries, pastries, fruits and vegetables

- Please drink at least 2 to 3 liters of liquid (water, herbal or fruit tea).
- In the evening please take 2 Dulcolax pills.

Take the laxative according to the instructions in the package insert. After taking the laxative, drink plenty of water or unsweetened tea (preferably 1 liter or more). The effect of the laxative sets in after 5 to 8 hours.

#### **1 day prior to the examination:**

- Same diet plan as the day before
- At approx. 5:00 pm take Picoprep/Moviprep/X-Prep according to the package insert. Do not eat after taking the tablet, but drink plenty of fluids (2 to 3 liters).

#### **The day of the examination:**

- Breakfast: Plenty of fluids. Otherwise, stay fasted and do not smoke. You can take your daily medication as prescribed.