

Patient name

Date and time of examination

Dear patient,

You have been prescribed Clensia in preparation for a colonoscopy. Clensia is a medicine designed to empty and cleanse your bowel. Bowel cleansing is essential for making sure that there are no residual stools that could obstruct the view of the digestive tract's lining during the examination.

In this leaflet, we will explain how to prepare and take Clensia. Please follow these instructions exactly. Please also read the patient information leaflet and contact your doctor's surgery or pharmacy if you have any questions.



Split dose regimen:

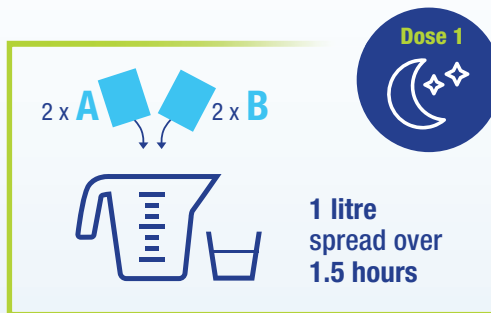
Dose 1 is to be taken on the evening before the examination

Dose 2 is to be taken on the morning of the examination

Date and Time of Dose

Dose 1	Dose 2

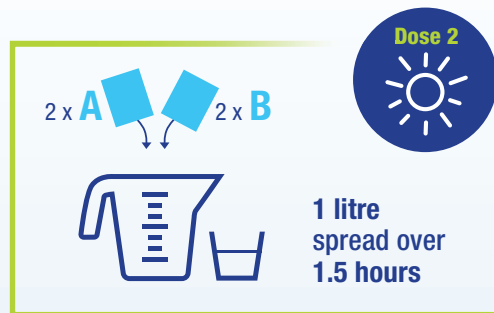
Dose 1



2 x A 2 x B

1 litre spread over 1.5 hours

Dose 2



2 x A 2 x B

1 litre spread over 1.5 hours



Full dose regimen:

Doses 1 and 2 are both to be taken on the same day with a 1 – 2 hour break between doses

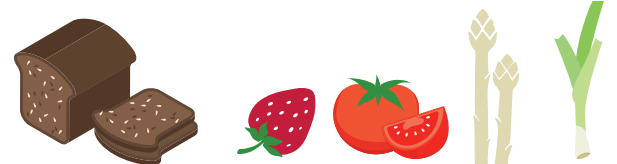
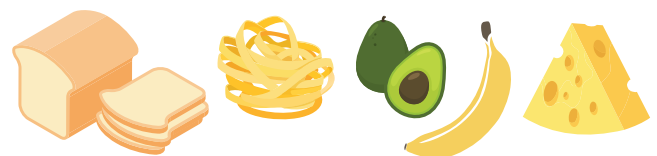
Date and Time of Dose

Dose 1	Dose 2

Please note that you must take Clensia and drink the additional liquid 2 hours before your examination.



Approx. 3 days before your appointment: You must not eat any foods containing grains from this point forward, e.g. wholemeal bread, muesli, tomatoes or strawberries. Fibrous and high-fibre foods, e.g. asparagus or leeks are also taboo. Quickly digestible foods such as bananas, pasta, soup, white bread and cheese are more suitable.

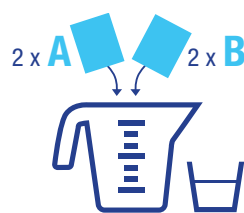


Taking Clensia

1

Dose 1

Dissolve 2 Sachets A and 2 Sachets B in 1 litre of clear water.



TIP

The solution tastes better with cold water or when chilled!

2

Drink the Clensia solution gradually over approx. **1.5 hours**. You must also **drink 0.5 litres of clear liquid**.

TIP

The more liquids you drink, the better the results! No matter whether it's water for "washing down" the oral solution or delicious (smooth) fruit juice!

3

No more solid food, you may only drink clear liquids from this point forward!

Clear liquids include water, juices without pulp, and coffee or tea without milk

TIP

You will soon feel your first urge to empty your bowels – make sure that you are near a toilet! And remember to keep drinking clear liquids.

4

Take a break: Either overnight (split dose), or at least 1 hour for a full dose

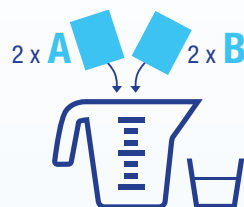
TIP

Don't forget – it tastes better chilled!

5

Dose 2

Dissolve 2 Sachets A and 2 Sachets B in 1 litre of clear water.



6

Drink the Clensia solution gradually over approx. **1.5 hours**. You must also **drink 0.5 litres of clear liquid**.

7

Do not drink anything else, neither Clensia nor other liquids, for 2 hours before the start of your examination!

Examining the toilet bowl: The liquid from your bowel should now be almost clear and resemble camomile tea. If not, please tell your doctor before the examination!



After your examination

You are not permitted to drive if you have been given a strong sedative or sleeping pill. However, you may now eat and drink normally. It will take a few days for your bowels to get back into their usual rhythm – patience is key.