

Patient name

Notes

Date and time of examination

DEAR PATIENT,

You have been prescribed Clensia to prepare for a colonoscopy (bowel examination). Clensia is a medicine that empties and cleans your bowel. This is important so that no stool remains in the bowel, which could otherwise reduce the visibility of your bowel tissue during the examination.

This leaflet explains how to prepare and take Clensia.

Please follow these instructions carefully.

Please note that different doses apply for children and young people. These are explained in the package leaflet.



**Video
instructions
are available
here**

IMPORTANT DIETARY ADVICE FOR SUCCESSFUL BOWEL CLEANSING

→ For **3 days** before your appointment, please eat light, easy-to-digest foods. Avoid foods containing grains, seeds or large amounts of fibre, for example muesli.



Foods you may eat:



Thoroughly cooked lean meat (beef, lamb, pork, poultry) and fish



Yogurt, cheese, butter or margarine, eggs, soy products and tofu



Rice or pasta, potatoes (boiled, mashed or fried), white bread or toast



Foods to avoid:



Wholegrain and seeded products (wholemeal bread, seeded bread, muesli with grains and seeds, muesli bars, etc.)



Breaded or battered foods (e.g. schnitzel, breaded cheese, fish fingers)



Fruit and vegetables containing seeds or high fibre content (tomatoes, peppers, cucumbers, nuts, grapes, raspberries, blackberries, kiwis, melons, leeks, asparagus, etc.)

→ **While taking Clensia**, drink clear fluids only.



Drinks you may have:



Water



Tea (green tea or herbal tea)



Soft drinks and clear fruit juices without pulp



Drinks to avoid:



Red or purple coloured drinks (e.g. blackcurrant, cherry, aronia or dark grape juice)



Smoothies or drinks containing pulp



Milk

TAKING CLENSIA

Dose **1**

Date and time of intake:



Drink slowly
over 1½ to 2 hours

A A B B



No solid food;
clear fluids only



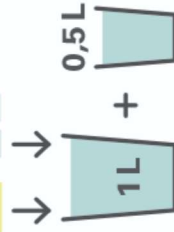
Evening



Night

Drink slowly
over 1½ to 2 hours

A A B B



2 hours before the examination: do not drink anything



4 hours before the examination

Colonoscopy

- Prepare Clensia: Dissolve 2 sachets **A** and 2 sachets **B** in 1 litre of water.
- Drink the Clensia solution over 1½ to 2 hours. In addition, drink at least half a litre of clear fluids – either alongside Clensia solution or after finishing the full dose.
- From the time you start taking Clensia, do not eat any solid food.
- It is recommended that you drink an additional 500 ml of clear fluids with each dose to replace fluids lost through diarrhoea.

TIP

The more fluids you drink, the better the result.
Water or clear fruit juice both help.

TIP

You may feel the urge to open your bowels quite soon. Stay close to a toilet. You may continue to drink clear fluids as needed.

Prepare and take the second dose of Clensia in the same way as the first.

When using the toilet: The fluid you pass from your bowel should be almost clear, similar to chamomile tea. If it is not, please inform your doctor before the examination.



AFTER THE EXAMINATION



If you were given a strong sedative or sleeping medication, do not drive.



You can eat and drink normally again after the examination. It may take a few days for your bowel to return to its usual pattern.