

Patient information on colonoscopy with Clensia

SPLIT-DOSE



Patient's name

Date and time of your examination

Your doctor has prescribed you Clensia as bowel preparation for an upcoming examination.

One pack of Clensia contains 4 large and 4 small sachets. The lime flavour of Clensia makes it pleasant to take. Please follow these instructions to ensure your bowel is properly cleansed and the examination can therefore run smoothly.

At least 3 days before the examination, switch your diet to the kinds of low-fibre foods listed below:

- Dry biscuits or rusk (no wholegrain) with butter or margarine.
- Jelly, honey or jam (without pips).
- Lean meat (beef, pork fillet, chicken, veal, rabbit, turkey breast, boiled ham), fish or eggs.
- Rice, pasta (no wholegrain) or couscous with butter or margarine.
- Soup (vegetable broth only).
- Water, coffee (with no milk or cream) or tea with sugar.



Note: No salads, pulses, fruit (except for bananas) or vegetables (except for peeled and boiled carrots)

Doctor's address

If you have any questions about risks and side effects, please read the package leaflet and consult your doctor or pharmacist.

Preparing and taking Clensia

How to prepare Clensia

 = Clensia solution  = clear liquid

First dose





Second dose

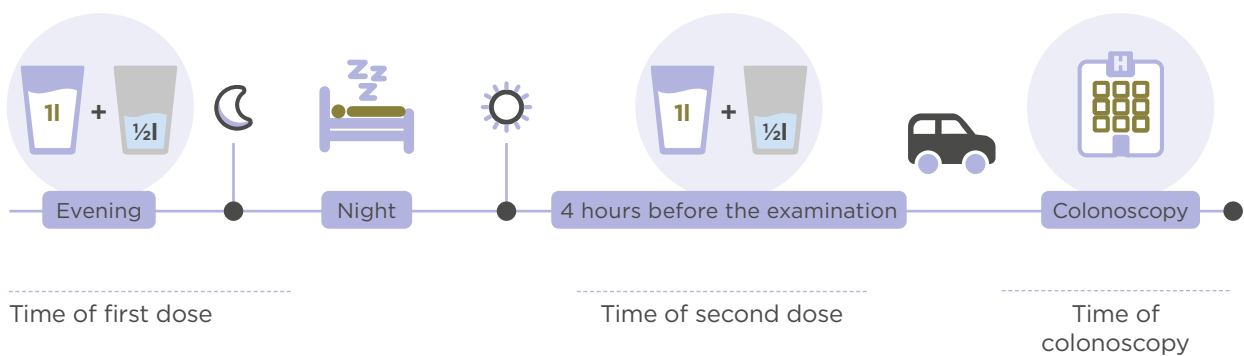


- Dissolve the **2 large sachets** and **2 small sachets** in 1 l of water.
- Prepare **at least ½ l** of clear liquid such as water or tea (without milk) for **each dose of 1 l Clensia solution**.

How to take Clensia

 Do not eat any solid food once you have started taking Clensia.

 Do not drink anything for 2 hours before the examination.



- Drink **250 ml of the Clensia solution** every 15 to **20 minutes**.
- **After every litre of Clensia solution, drink another ½ l of clear liquid.**
- You must **NOT drink any fluids** (including bowel cleansing preparations) for 2 hours before the colonoscopy.