

PREPARATIONS PRIOR TO GASTROSCOPY AND COLOSCOPY WITH LAXABON

To enable the examination to be carried out, the bowels must be cleansed well (laxation). Certain foodstuffs should be avoided for 7 days before the examination, as they may remain in the bowels and make the examination difficult or impossible.

For seven days before your examination you should therefore NOT eat:

- Iron tablets,
- Bulking agents; e.g. Inolaxol, Lunelax,
- Nuts, seeds (e.g. linseeds, psyllium seeds, chia seeds, sunflower seeds),
- Muesli, breakfast cereals, wholemeal bread,
- Wholegrain pasta, wholegrain rice, bulgur, quinoa,
- Food that is difficult to digest, such as mushrooms, onion, corn, peppers,
- Vegetables that are fibrous (asparagus, rhubarb) or raw vegetables. Beans and lentils,
- Fruit peel and kernels. Citrus fruit peel,
- Berries (e.g. lingonberry, raspberry, blueberry). Fruit juices with strong colours such as beetroot juice, blueberry soup.

If you have constipation trouble:

it is recommended you take Laktulos or Movicol, which you can buy at a pharmacist without a prescription at least 3 days before the start of laxation.

If you are already using either of these, you should continue to take it.

THE DAY BEFORE THE EXAMINATION

Breakfast as usual, then liquid food only. After 13:00 you may only drink clear and transparent drinks* (cordial, soft drinks, honey water, uncoloured energy drinks, juice without pulp, coffee without milk).

Each bag of Laxabon is dissolved in 5 dl of water, mix thoroughly until the powder has dissolved and add a further 5 dl. Thus, each bag must be dissolved in a total of 1 litre of water.

Follow these instructions - not those shown on the packaging.

It will be easier to drink if the solution is chilled. Sucking on a throat lozenge will leave a more pleasant taste in the mouth.

If you have time for the examination before 10:00, you should drink Laxabon:

- 3 litres between 16:00 and 19:00 the day before the examination
- 1 litre 4-5 hours before your appointment on the day of the examination

If you have time for the examination after 10.00, you should drink Laxabon:

- 2 litres between 16:00 and 18:00 the day before the examination
- 2 litres 4-5 hours before your appointment on the day of the examination

When you have drunk up all of the Laxabon, you may continue to drink clear drinks* up until 2 hours before the examination. Afterwards you may not eat or drink anything, or use chewing gum or lozenges, etc.