

Irrigoscopy Instruction Leaflet

Please refer to the Irrigoscopy Patient Information and Consent Form for this examination and fill it out **before** the examination. You may print out the Patient Information in advance, read it at leisure, fill it and bring it for the examination. Or ask our staff to give you the Patient Information and Consent Form at DZU, and fill it out on-site. We will be glad to answer any questions you may have before the examination.

Preparation for the examination

- Please eat only **light food for two days** before the examination.
Breakfast: Tea or black coffee with zwieback
Noon and evening: Clear soups (with no garnishes), boiled beef, chicken, boiled fish, zwieback, white rice, pasta.
The following is prohibited: fat, fruit, vegetables, milk and milk products, whole-meal bread or whole-meal rolls, pastries.
Please drink at least 2 to 3 litres of fluids (water, herb tea or fruit tea).
Please take **two Dulcolax tablets** in the evening.
- Please follow the same diet on the last day before the examination.
Take **X-Prep** at **5 p.m.** (note the information in the package insert).
Before taking X-prep please eat a light, fat-free meal.
Please do not eat any food after the intake of X-Prep, but do drink a lot of fluids (2 to 3 litres in all).
- **On the day** of the examination
 - Examination **in the morning (before 12 noon):**
Tea or black coffee with zwieback is permitted for breakfast.
 - Examination **in the afternoon (after 12 noon):**
Please do not eat food on the day of the examination.
You may drink 1/4 liter of water throughout the morning (non-aerated).
You may also drink tea or black coffee with zwieback during the last 2 hours before the examination.

General information about the examination

- At DZU we do not perform X-ray examinations in pregnant women.
- Please make an appointment for this examination - either by phone, fax or e-mail.
- Please come to DZU at least 3 days before your examination to collect your prescription and discuss your preparation for the examination.
- Please bring the following when you come for the examination:
 - Your **E-card**
 - **Original referral** (it should not have expired)
 - **Previous images / Previous reports** (concerning the area to be examined)
- If you are a minor you must be accompanied by a guardian or should bring your guardian's written consent when you come for the examination.

Your examination is on at hrs.

Please come to DZU 15 minutes before the appointment.

Please cancel your appointment by phone if you are unable to come - preferably one day before the examination.

Patients can take a shower at DZU after the examination.

Images and reports can be picked up about 30 minutes after the examination.