

Fact sheet

Preparation for your colonoscopy with Picoprep

Dear patient,

due to your symptoms or for cancer surveillance, you will undergo a colonoscopy. Optimal preparation resulting in a **clean intestines** is the key to ensure a high quality examination.

All information and further explanations can be found in our colonoscopy video on our website: <https://www.imed19.at/endoskopie/#Koloskopie> und <https://www.imed19.at/picoprep>

Please follow the mandatory instructions carefully:

At least three days before the colonoscopy

Do not eat any wholegrain or high-fibre foods, raw vegetables and fruits with pits (f.i. kiwi, grapes, etc.).

Examinations before 2 P.M.

The day before your colonoscopy

You may eat a light breakfast. Thereafter, please do not eat any solid foods and only drink clear liquids such as a clear soup for lunch.

The evening before your colonoscopy please start with you intestinal cleansing treatment (Picoprep).

- 1) **Sachet 1** – Empty the contents of **sachet 1** into a glass and mix it with **150 ml of water**
- 2) **Wait for 30 minutes!**
- 3) Drink at least **2 litres** of a clear liquid of your choice. It is crucial to remove all solid parts in your intestinal tract and prevent you from dehydrating. The cleansing treatment is not going to be absorbed by the body hence it dehydrates the body.

On the Day of your examination

- 1) **Sachet 2** – Drink the contents of **sachet 2** mixed with **150 ml water** at least 4 hours before the examination.
- 2) **Wait for 30 minutes!**
- 3) Drink at least **2 litres** of clear liquid of your choice in order to flush out the remaining intestinal contents which have flowed from the small intestine into the large intestine overnight. Don't drink after that! (No solid food!)

Examinations after 2 P.M.

The evening before your colonoscopy

Other than a clear soup please do not eat any solid foods.

On the day of your colonoscopy

Please start with you intestinal cleansing treatment (Picoprep).

- 1) **Sachet 1** – Empty the contents of **sachet 1** into a glass and mix it with **150 ml of water**
 - 2) **Wait for 30 minutes!**
 - 3) Drink at least **2 litres** of a clear liquid of your choice. It is crucial to remove all solid parts in your intestinal tract and prevent you from dehydrating. The cleansing treatment is not going to be absorbed by the body hence it dehydrates the body.
- 1) **Sachet 2** – Drink the contents of **sachet 2** mixed with **150 ml water** at least 4 hours before the examination.
 - 2) **Wait for 30 minutes!**
 - 3) Drink at least **2 litres** of clear liquid of your choice in order to flush out the remaining intestinal contents which have flowed from the small intestine into the large intestine.
Don't drink after that! (No solid food!)

Then your bowel movement should be fluid, clear and colorless.

Important Notes:

The cleansing treatment **must be completed at least 4 hours before the examination.**
At least 2 hours before the examination, you must have taken **all the additional liquid.**
Please do not drink anything after that.

Please note that your Picoprep treatment must be completed three hours before your colonoscopy. Insufficient preparation may reduce the quality of the examination (e.g. lower polyp detection rate) or may even cause an abort of the examination for safety reasons.

Sedation

- ▶ If you wish to be **sedated** during the intervention, please make sure that you are accompanied by a person who can help you home. After a sedation it is **prohibited to drive a vehicle or operate machinery** for 24 hours and making **important decisions** isn't advisable.

Medication

- ▶ **Please inform our doctors before the intervention if you take anticoagulation therapy!**
A change in intake can be necessary to reduce the risk of bleeding after the intervention!

Thrombo-ASS: do not take it on the day of the intervention.

Marcoumar/Sintrom/Plavix/Clopidogrel/Brilique/Efient/Xarelto/

Eliquis/Pradaxa/Lixiana: **please contact our Imed19 team!**

Lovenox/Fragmin Injections: do not use the syringe on the day of the intervention.

With diabetes: please contact our Imed19 team.

Be aware, that the **contraceptive pill** may not be absorbed due to colonoscopy preparation so that an additional contraception is necessary!

General information

- ▶ Please read the **patient information** carefully and sign it 1 day before your appointment!
- ▶ Please bring **all completed documents** and a **towel** with you to the intervention!
- ▶ **Cancelling the appointment is without charge until 24 hours before intervention.**
 In case of later cancellation 200 € will be charged for the resulting costs!

We wish you a pleasant visit in our Endoscopy Center!

Sincerely yours,

Priv. Doz. Dr. Wolfgang Sieghart & Imed19 Endoscopy Team

Fact sheet

Preparation for your gastroscopy and colonoscopy with Picoprep – combined examination

Dear patient,

due to your symptoms or for cancer surveillance, you will undergo gastroscopy and colonoscopy on the same day. Optimal preparation resulting in a **clean intestine** and an empty stomach is key to ensure a low risk and high quality examination.

All information and further explanations can be found in our gastroscopy and colonoscopy video on our website: <https://www.imed19.at/endoskopie/#Koloskopie> und <https://www.imed19.at/picoprep>

Please follow the mandatory instructions carefully:

At least three days before the gastroscopy and colonoscopy

Do not eat any wholegrain or high-fibre foods, raw vegetables and fruits with pits (f.i. kiwi, grapes, etc.)



Examinations before 2 P.M.

The day before your examination

You may eat a light breakfast. Thereafter, please do not eat any solid foods and only drink clear liquids such as a clear soup for lunch.

The evening before your combined examination please start with you intestinal cleansing treatment (Picoprep).

- 1) **Sachet 1** – Empty the contents of **sachet 1** into a glass and mix it with **150 ml of water**
- 2) **Wait for 30 minutes!**
- 3) Drink at least **2 litres** of a clear liquid of your choice. It is crucial to remove all solid parts in your intestinal tract and prevent you from dehydrating. The cleansing treatment is not going to be absorbed by the body hence it dehydrates the body.

On the Day of your examination

- 1) **Sachet 2** – Drink the contents of **sachet 2** mixed with **150 ml water** at least 4 hours before the examination.
- 2) **Wait for 30 minutes!**
- 3) Drink at least **2 litres** of clear liquid of your choice in order to flush out the remaining intestinal contents which have flowed from the small intestine into the large intestine overnight. Don't drink after that! (No solid food!)



Examinations after 2 P.M.

The evening before your colonoscopy

Other than a clear soup please do not eat any solid foods.

On the day of your colonoscopy

Please start with you intestinal cleansing treatment (Picoprep).

- 1) **Sachet 1** – Empty the contents of **sachet 1** into a glass and mix it with **150 ml of water**
 - 2) **Wait for 30 minutes!**
 - 3) Drink at least **2 litres** of a clear liquid of your choice. It is crucial to remove all solid parts in your intestinal tract and prevent you from dehydrating. The cleansing treatment is not going to be absorbed by the body hence it dehydrates the body.
- 1) **Sachet 2** – Drink the contents of **sachet 2** mixed with **150 ml water** at least 4 hours before the examination.
 - 2) **Wait for 30 minutes!**
 - 3) Drink at least **2 litres** of clear liquid of your choice in order to flush out the remaining intestinal contents which have flowed from the small intestine into the large intestine.
Don't drink after that! (No solid food!)

Then your bowel movement should be fluid, clear and colorless.

Important Notes:

The cleansing treatment **must be completed at least 4 hours before the examination.**
At least 2 hours before the examination, you must have taken **all the additional liquid.**
Please do not drink anything after that.

Please note that your Picoprep treatment must be completed three hours before your colonoscopy. Insufficient preparation may reduce the quality of the examination (e.g. lower polyp detection rate) or may even cause an abort of the examination for safety reasons.

Sedation

- ▶ If you wish to be **sedated** during the intervention, please make sure that you are accompanied by a person who can help you home. After a sedation it is **prohibited to drive a vehicle or operate machinery** for 24 hours and making **important decisions** isn't advisable.

Medication

- ▶ **Please inform our doctors before the intervention if you take anticoagulation therapy!**
A change in intake can be necessary to reduce the risk of bleeding after the intervention!

Thrombo-ASS: do not take it on the day of the intervention.

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With diabetes: please contact our Imed19 team.

Be aware, that the **contraceptive pill** may not be absorbed due to colonoscopy preparation so that an additional contraception is necessary!

General information

- ▶ Please read the **patient information** carefully and sign it 1 day before your appointment!
- ▶ Please bring **all completed documents** and a big and a small **towel** with you to the intervention!
- ▶ **Cancelling the appointment is without charge until 24 hours before intervention.**
 In case of later cancellation 200 € will be charged for the resulting costs!

We wish you a pleasant visit in our Endoscopy Center!

Sincerely yours,

Priv. Doz. Dr. Wolfgang Sieghart & Imed19 Endoscopy Team

Fact sheet

Current intake of medications and allergies

Dear patient,

We kindly ask you for a detailed description of your current intake of any medication and allergies.

Name:

Day of birth:

I don't take any medication.

 I take the following medication:

Medication Name	Dosage mg	Morning	Midday	Evening

I don't have allergies.

 I am allergic to:

Date: Signature:

Sincerely yours,
Priv. Doz. Dr. Wolfgang Sieghart & Imed19 Endoscopy Team

Fact sheet

Correct preparation and administration of Picoprep colon cleansing solution

Dear patient,

For your forthcoming examination it is important that you clean out your bowels. Therefore, your doctor has prescribed Picoprep colon cleansing solution. One pack of Picoprep contains three sachets: **one sachet for dosage 1** and **one sachet for dosage 2**.

Your appointment is important

Date at o'clock

Dosing schedule of Picoprep for your examination before 2 p.m.

Sachet 1 – 150 ml Picoprep – wait 30 minutes – drink 2 litres

1. On the evening before the examination dissolve the contents of **sachet 1** in 150 ml water. Stir the solution for 2 minutes. If the solution becomes hot, wait until it has cooled down and drink it up quickly afterwards.

at o'clock

2. Wait for 30 minutes!
3. Drink at least **2 litres of clear liquid** within the following 2 hours: Apple juice, water or tea. Don't drink milk or any kind of dark coloured liquids. Don't eat solid food!

Sachet 2 – 150 ml Picoprep – wait 30 minutes – drink 2 litres

1. On the day of the examination dissolve the content of **sachet 2** in 150 ml water. Stir the solution for 2 minutes. If the solution becomes hot, wait until it has cooled down and drink it up quickly afterwards.

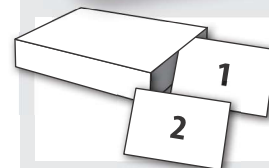
at o'clock

Please note, that the cleansing treatment with picoprep has to be completed **at least 4 hours before you appointment.**

2. Wait for 30 minutes!

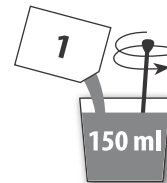
Very important

Be sure to have access to an unoccupied toilet!



the day before your examination

Sachet 1



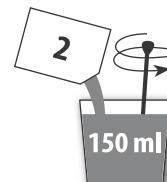
bag 1 dissolve in water, wait 30 minutes



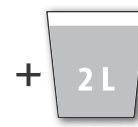
drink

on the morning of your examination

Sachet 2



bag 2 dissolve in water, wait 30 minutes



drink

3. Drink at least **2 litres of clear liquid** within the following 2 hours: Apple juice, water or tea. Don't drink milk or any kind of dark coloured liquids. Don't eat solid food!

**Dosing schedule of Picoprep
for your examination after 2 p.m.**

Sachet 1 – 150 ml Picoprep – wait for 30 minutes – drink 2 litres

1. On the day of the examination dissolve the content of **sachet 1** in 150 ml water in the morning. Stir the solution for 2 minutes. If the solution becomes hot, wait until it has cooled down and drink it up quickly afterwards.

at o'clock

2. Wait for 30 minutes!
3. Drink at least **2 litres of clear liquid** within the following 2 hours: Apple juice, water or tea. Don't drink milk or any kind of dark coloured liquids. Don't eat solid food!

Sachet 2 – 150 ml Picoprep – wait for 30 minutes – drink 2 litres

1. Dissolve the content of **sachet 2** in 150 ml water. Stir the solution for 2 minutes. If the solution becomes hot, wait until it has cooled down and drink it up quickly afterwards.

at o'clock

Please note, that the cleansing treatment with picoprep has to be completed **at least 4 hours before you appointment.**

2. Wait for 30 minutes!
3. Drink at least **2 litres of clear liquid** within the following 2 hours: Apple juice, water or tea. Don't drink milk or any kind of dark coloured liquids. Don't eat solid food!

Please note

- ▶ You can drink Picoprep **well cooled.**

Very important

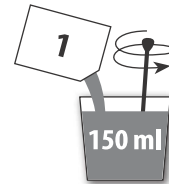
Be sure to have access to an unoccupied toilet!

Sincerely yours,

Priv. Doz. Dr. Wolfgang Sieghart & Imed19 Endoscopy Team

**on the morning
of your examination**

Sachet 1



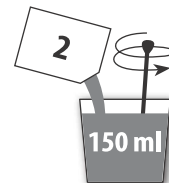
**bag 1
dissolve in water,
wait 30 minutes**



**+ 2 L
drink**

**at least 4 hours
before your
appointment**

Sachet 2



**bag 2
dissolve in water,
wait 30 minutes**



**+ 2 L
drink**

Fact Sheet

Sedation with Propofol

Dear patient,

For your upcoming sedation you're kindly asked to read through this fact sheet carefully and fill out the requested information.

Name:

Date of birth:

I would like to be sedated during the endoscopic examination.

YES

NO

Propofol injection

As long as there are no medical objections, propofol is a safe **sleep medication**.

International medical societies recommend using Propofol based on various studies, due to the **following advantages**:

- ▶ Stable sleep condition
- ▶ Adequate pain relief
- ▶ High patient satisfaction
- ▶ Examination quality higher
- ▶ Quick effect
- ▶ Quick recovery phase

Date:

Signature:

Declaration of consent

Histological laboratory

Dear patient,

We kindly ask you to read this declaration of consent carefully and sign it below.

I agree that my sample extractions, my health records (for example suspected diagnosis) and my personal details such as name, insurance number, date of birth and address may be submitted to the following laboratories (depending on the medical necessity) for the purpose of histological analysis:

Labor für Histologie & Zytologie Dr. Ulm GesmbH und
Labors.at Fachärzte für medizinische und chemische Labordiagnostik OG
Kürschnergasse 6b, 1210 Wien

The laboratories are fully responsible for the histological analysis they carry out.
Further, I agree that the laboratories may forward my histological results and my personal data to Imed19.

I am aware that I may entirely or in parts withdraw this declaration in and for the future.

Date:	<input type="text"/>	Signature:	<input type="text"/>
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Our team will be happy to provide you with further information.

Sincerely yours,

Priv. Doz. Dr. Wolfgang Sieghart & Imed19 Endoscopy Team