

**MEDICIS  
HTC  
Avenue de Tervueren, 236  
1150 Brussels  
02/762.50.44**

---

**Gastro-enterology :**  
**Dr K. Farahat (GSM: 0479 74 38 76)**  
**Dr P. Noël (GSM : 0475 70 04 28)**  
**Dr A. Sarafidis ([alexandre@sarafidis.eu](mailto:alexandre@sarafidis.eu))**

**Concern**

**Last name : -**  
**Date of birth :**  
**Address :**

Dear Madam,

Dear Sir,

Your medical doctor has recommended a colonoscopy/gastroscopy.

This exam could be performed on ..... at ..... o'clock.

Please, announce yourself at the HTC Secretariat (level -1) with your identity card.

You will find enclosed the information concerning the coloscopy, the fiber free diet, the preparation to keep up with and the "informed consent" form to be signed.

If the examination is carried out with anaesthesia, a health questionnaire has also to be completed.

Thank you for your cooperation.

**To complete and give to the doctor the day of the examination**

**INFORMED CONSENT REGARDING THE COLOSCOPY**

I, undersigned.....

Certify that I have read and understood the information concerning the examination, the indication, the practical modalities, the potential complications and recommendations following the completion of colonoscopy.

Before the exam, I have had the opportunity to discuss the topic with my physician/gastroenterologist.

Read and approved,

Date

Signature

.....

.....

## HEALTH QUESTIONNAIRE

Thank you for answering this questionnaire for a better assessment of your physical condition and to take all the necessary measures for a safe procedure and anaesthesia.

Name :                                      First name :                                      Age :      Weight :      Height :

- Smoking ?
- .Alcohol ? occasional  or regular
- Allergies ? yes  no  Allergies to medications :
- Easy bruising ou nasal bleeding ?
- Diabetes ? yes  no
- Hypertension ? Yes  no
- Glaucoma ? yes  no
- Heart problems ?
- Stenting (coranary or vascular) ?
- Pacemaker ? yes  no
- Difficulty in breathing ?
- Asthma, chronic bronchitis or emphysema ? yes  no
- Renal insufficiency ? yes  no
- Neurological disease ?
- Surgical treatment ?
- Past history of problems during anaesthesia ?
- Hip or knee replacement ?
- Transmitted disease (HIV, Hepatitis B/C) ?
- Questions to the anaesthesiologist ?
- 
- 

**Thank you for your cooperation.**

## INFORMATIONS CONCERNING COLONOSCOPY

- Colonoscopy aim at visualize the lining of the large intestine (colon) using a flexible endoscope introduced through the anus.
- Colonoscopy is used to look for any anomalies of the colon, to take samples and to remove polyps (abnormal growth of the mucosa which can lead to cancer).
- The quality of the examination depends on the quality of your preparation which consists of a fiber-free diet and the intake of laxatives. The stools should be clear (similar to urine) to perform the examination in optimal conditions.
- Colonoscopy takes about thirty minutes. If it is done with anaesthesia, please allow an additional small period of recovery and monitoring.
- Examination could be performed with or without anaesthesia and in this latter case, the administration of a sedative is possible to make the colonoscopy as comfortable as possible. In all cases, it is recommended to be accompanied on your way back home. It is forbidden to drive after the examination and we recommend not to perform tasks which require concentration.
- After the examination, abdominal cramps may occur. They will be relieved by the emission of air that has been used during the colonoscopy. The left lateral position, flexed legs and abdominal massage help to release wind.
- Precautions are taken to reduce major complications (less than 3 per 1000 colonoscopies) as bowel perforation or significant bleeding. In case of major complications, hospitalisation for medical or surgical treatment may be necessary.
- It is recommended to tell the doctor about your health status (allergies, diabetes, cardiovascular stent, relevant cardiopulmonary history) or if you take any anticoagulation therapy. In case of anti-platelets drugs intake (Plavix, Ticlid ...), it's mandatory to stop them a week before the colonoscopy and to replace them with Aspirin. In case of anti-vitamin K treatment (Sintrom , Marcoumar) or the use of one of the new oral anti-coagulants (Pradaxa, Xarelto, Eliquis ...), you have to stop them 5 days before the examination and to replace them with a low molecular weight heparin injection (Clexane, Fraxodi, Fraxiparin) till 24 hours before colonoscopy.  
The advice of the cardiologist/anaesthetist is necessary
- A signed "informed consent" form has to be returned to the doctor just before the colonoscopy.
- Dr. K. Farahat (mobile: 0479 74 38 76 - Email: [kfarahat@hotmail.com](mailto:kfarahat@hotmail.com)), Dr P. Noël (mobile : 0475 70 04 28) Dr A. Sarafidis ([alexandre@sarafidis.eu](mailto:alexandre@sarafidis.eu)) are available for any additional information concerning your colonoscopy. In case of emergency, you can also contact Dr J. Panneels (mobile : 0475 34 37 64, Email : [j.panneels@medicis.be](mailto:j.panneels@medicis.be) )

**INSTRUCTIONS**  
**COLOSCOPY WITH OR WITHOUT ANAESTHESIA**

**COLOSCOPY IN THE MORNING ( on .... at ... h)**

Diet without fibers during 4 days prior to the exam (see below) (from ...../.....)

**The evening before** the exam :

- 2 tablets of Dulcolax (Bisacodyl) around 14 h.
- A snack like a cream or a yoghurt is allowed at 16 h.
- **At 19 h** : Dilute **dose N°1** of PLENVU ® (1 bag) in 500 ml of cold water and drink this solution within 30 minutes.
- **At 19 h 30** : Drink at least 500 ml water within 30 minutes.
- **At 21 h** : Dilute **dose N°2** of PLENVU ® (2 bags) in 500 ml of cold water and drink again within 30 minutes.
- **A 21 h 30** : Drink at least 500 ml water within 30 minutes.
- You can always drink more water during the preparation with PLENVU ®

**The day of the exam** :

Fasten for solid food. You can drink coffee or tea (without sugar) and you can take your current medications (you are allowed to drink until 2 hours before the examination).

## **COLOSCOPY IN THE AFTERNOON ( the ... at ... h)**

Diet without fibers during 4 days before the examn (see below) (from ...../.....)

**The evening** before :

- 2 tablets of Dulcolax (Bisacodyl) around 14 h.
- A Snack as a cream or a yoghourt is allowed around 16 h.
- **At 19 h** : Dilute **dose N°1** of PLENVU ® (1 bag) in 500 ml cold water and drink this solution within 30 minutes.
- **At 19 h 30** : Drink at least 500 ml water within 30 minutes.
- You can continue to drink water during the evening.

**The day of the exam :**

- **At 8 h** : Dilute **dose N°2 of** PLENVU ® (2 bags) in 500 ml of cold water and drink this solution within 30 minutes.
- **At 8 h 30** : Drink at least 500 ml of water within 30 minutes

In order to perform safely the anaesthesia, you are requested to fasten 6 hours before the exam and to abstain from drinking 2 hours prior to the exam.

## Fiber Free Diet List

List of foods **allowed** to be consumed during the 4 days of fiber-free diet:

- √ White bread and crackers made with white flour or cornstarch.
- √ The following cereals: Rice Krispies, Choco Pops, Corn Flakes.
- √ Jam jelly, chocolate, honey, butter.
- √ White rice and white pasta.
- √ Potatoes, nature or mashed.
- √ Fish, poultry, eggs.
- √ Dairy products (with no fruit), cheese, yogurt, pudding.
- √ Biscuits and waffles.
- √ Water, tea, coffee, herbal teas, milk, cocoa, juices without pulp and no sparkling (flat) drinks.