

# Die Darmreinigung mit Endofalk® - Hinweise für den Patienten

englisch

Name des Patienten: \_\_\_\_\_

Untersuchung am \_\_\_\_\_ um \_\_\_\_\_ Uhr

## Bowel cleansing with Endofalk®

Endofalk® is a mixture of various salts with macrogol to produce an isotonic solution which is drunk to provide intensive cleansing of the entire bowel. Its balanced aroma (orange and passion fruit flavour or pineapple and lemon flavour) makes it easier to take. The solution is sugar-free.

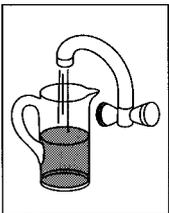
Virtually no salt absorption or salt losses take place during the bowel cleansing so that water and electrolyte metabolism remains practically unaltered.

## Making up the solution

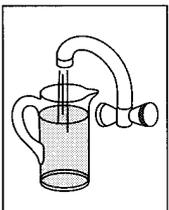
The content of 2 sachets provides 1 litre of ready-to-drink solution. Never change the prescribed strength of 2 sachets per litre.



Empty the contents of 2 sachets into a jug or bottle.



Add  $\frac{1}{2}$  litre of lukewarm tap water and let it dissolve.



Add another  $\frac{1}{2}$  litre of cold tap water.

The solution can be cooled in the refrigerator as it tastes best cold. Use the ready-to-use solution within 48 hours.

## Recommended method of taking:

Please prepare the ready-to-drink solution as stated, using the number of Endofalk® sachets that you were prescribed. 6 sachets of Endofalk® produce 3 litres of solution, 8 sachets of Endofalk® produce 4 litres of solution.



1 glass every 10 minutes

The solution is drunk in portions of 200-300 ml (about a glass) every 10 minutes until the entire volume has been drunk or the liquid passing from the rectum is clear.

We recommend taking part of the solution the evening before the investigation, and the remainder on the morning of the investigation.

On your doctor's instructions, you can also take the entire quantity on the day of the investigation. The solution is then usually taken about 4 hours before the start of the investigation.

Do not take any solid food for at least 2-3 hours before taking Endofalk®. You are only allowed to eat solid food again after the investigation.

If the effect of Endofalk® has been too weak, inform the doctor before the investigation so that you can be given an enema if necessary.

Diabetics: there is no bread unit allowance.

Women taking the contraceptive pill: because of the laxative effect, the contraceptive pill may not be completely effective. However, continue to take the pill regularly.

Patients taking regular medication: please tell your doctor that enemas wash out medicines, preventing them from working properly.

Light diet and plenty of liquids (clear drinks, tea) on the day before the investigation can have a beneficial effect on the preparation and the volume to be drunk.

To protect the sensitive bowel surface, foods containing grains/granules, skins and hard shells (e.g. wholemeal products, grapes, muesli, tomatoes, nuts, poppyseed, kiwi fruit, pulses) should be avoided for five days before the investigation because of the risk of blocking the instrumentation channels.