

PREPARATION SHEET COLONOSCOPY

Prior to undergoing an endoscopic investigation, a very important two-step bowel preparation is required:

1. Diet
2. Laxative intake following a scheme depending on the time of examination.

Below you can see the details in regards to each step.

1. DIET

The following diet **MUST** be followed starting 72 hours prior to the planned examination. What means “72 hours prior”? If the examination is scheduled for, say, 8 o’ clock on Monday morning, you need to start following the diet on Friday morning of the previous week (Saturday – 24 hours, Sunday – 48 hours, Monday 72 hours). Specific diet includes:

ALLOWED:	PROHIBITED:
<p>All protein-rich food:</p> <ul style="list-style-type: none"> - boiled meat and poultry (except for sausages); - low-fat fish; - low-fat dairy; - eggs. - low-fat cheese <p>Jelly, sugar, honey</p> <p>Liquids:</p> <ul style="list-style-type: none"> - clear bouillons; - tea without milk; - coffee without milk; - filtered berry drinks; - juices without pulps; - colorless non-alcoholic drinks; - water. 	<p>All vegetable/plant-based food:</p> <ul style="list-style-type: none"> - vegetables; - fruits; - berries; - grass; - grains; - nuts; - porridges / oatmeal; - bread. <p>Liquids:</p> <ul style="list-style-type: none"> - colored juices; - alcohol; - sparkling sodas.

ONE DAY BEFORE THE EXAMINATION:

LUNCH before 4:00pm (in accordance with the list of foods allowed), EXCEPT FOR **PICOPREP***.

AFTER THAT, only liquids are allowed in accordance with the diet list.

*If you choose **PICOPREP** as a laxative for preparation, you are NOT ALLOWED TO EAT anything on the preparation day, except for broth bouillons and fluids.

2. LAXATIVE INTAKE SCHEME

It is recommended that you obtain a laxative containing polyethylene glycol and electrolytes (**FORTTRANS**) or mineral salts (**EZYCLENE**, **PICOPREP**).

Time of colonoscopy	First intake	Second intake
08:00	One day prior starting from 6:00pm	One day prior, from 11:00pm until 12:00am
09:00	One day prior starting from 6:00pm	from 12:00am until 01:00am on the night before colonoscopy
10:00	One day prior starting from 7:00pm	from 01:00am until 02:00am on the night before colonoscopy
11:00	One day prior starting from 7:00pm	The morning before colonoscopy, from 07:00am until 08:30am
12:00	One day prior starting from 8:00pm	The morning before colonoscopy, from 08:00am until 09:30am
13:00	One day prior starting from 8:00pm	The morning before colonoscopy, from 09:00am until 10:30am
14:00	The morning before colonoscopy, starting from 6:00am	The morning before colonoscopy, from 09:00am until 10:30am
15:00	The morning before colonoscopy, starting from 7:00am	The morning before colonoscopy, from 10:00am until 11:30am
16:00	The morning before colonoscopy, starting from 8:00am	The morning before colonoscopy, from 11:00am until 12:30pm

First intake of a laxative as according to the chart above:

FORTTRANS – 3 liters, along with any volume of other allowed liquids

EZYCLENE – 0,5 liters (**content of one vial is poured in the measurement cup and mixed water to make 0.5 liters**) + at least 1000 mL of any allowed liquid

PICOPREP – 0,15 liters + at least 1250 mL of any allowed liquid

Second intake of a laxative as according to the chart above:

FORTTRANS – 1 liter + 10 mL of SIMETHICONE emulsion (Espumisan®)

EZYCLENE – 0,5 liters + 10 mL of SIMETHICONE emulsion (Espumisan®) + 1000 mL of any allowed liquid

PICOPREP – 0,15 liters + 10 mL of SIMETHICONE emulsion (Espumisan®) + at least 750 mL of any allowed liquid

The mixed laxative solution should be drunk with small portions (not at once) as a 250 mL-glass every 15 minutes. Soon after you start taking the laxative or if you take it too fast and in large volumes, you may develop some nausea or vomiting. To help ease the intake process, you can drink the mix chilled or through a cocktail straw, along with drinking small portions of water or sweet tea in between, or sucking candies, eat honey, lemon etc. Adding simethicone (Espumisan®) to the mix may also help.

It is advised to perform some physical activity during the preparations, i.e. walking in the apartment, perform cyclical motion of your trunk or some squats, along with self-massaging of the belly, especially in case of delayed action of the medication.

The first bowel movements appear in 1-2 hours after the first intake on average. By the time the preparation is over, your stool should become a transparent colorless or slightly colored liquid. You need to stop the preparation 2-4 hours before the examination.

IMPORTANT NOTES

- you need to avoid iron-containing drugs, activated carbon and bismuth-containing drugs (like De-Nol) for 5 days before the procedure;
- in case of chronic constipation or tendency to rare bowel movements in the course of fiber-free diet, 3-5 days prior to the investigation you can take non-herbal laxatives like (Guttalax, Dulcolax, Slabilen etc.). Talk to your gastroenterologist about it;
- Diarrhea (loose bowel movements) is the target result of the preparation. The active effect of the laxative is achieved in 1.5-2 hours after the intake, when you will start having an intensive diarrhea – consider this while planning your route to the clinic;
- You are NOT ALLOWED to reduce the volume of fluid while preparing the solution;
- It is not recommended that you use any rectal suppositories for additional bowel cleansing.
- If you take any prescribed drugs, you need to take them 3 hours prior to the examination with a little volume of water and inform the endoscopist about it. It is not recommended that you take your pills at the same time with the laxative solution, as the former will not provide full effect.
- If you take blood thinners or anti-platelet drugs, please inform the endoscopist about it.

Talk to your doctor before colonoscopy if you have one of the following:

- Known hypersensitivity to any of the components of the laxative;
- Phenylketonuria;
- G6PD deficit
- Kidney disorder, cardiac distress, concomitant diuretic therapy;
- Stomachache of unknown origin;
- Chronic constipation;
- Taking pills that cause constipation (tricyclic antidepressants or opioids);
- History of unsatisfactory bowel preparation;
- Significant obesity;
- Diabetes;
- Hepatic cirrhosis or ascites;
- Pregnancy and breastfeeding;
- Age below 18.

ANESTHESIOLOGIC TIPS

After endoscopic investigations involving general anesthetic support (drug-induced sleep) you **ARE NOT ALLOWED** to drive a car for the rest of the day.

IMPORTANT: anesthetic support, biopsy, removal of polyps and histologic examination of samples are not included in the basic cost of colonoscopy.

With any questions regarding the preparation, please contact us no later than 3 days before the examination via +7 495 781-55-77 and we will arrange a remote consultation with the endoscopist.

The quality of the preparation is essential in ensuring satisfactory results of the examination and possibility of early-stage diagnostics.

If the recommendations are not followed or the preparation quality is insufficient, the examination may be postponed.