



Patient Preparation for Colonoscopy

It is crucial to correctly prepare the large intestine for colonoscopy. Incorrect or incomplete preparation significantly impairs the procedure or makes it utterly impossible.

Please, follow below-listed instructions:

14 days prior to the examination: Medication

- ✚ Patients taking medication such as Warfarin (Lawarin), Prasugrel (Efient) and anticoagulants such as Pradaxa, Arixtra, Xarelto which affect blood clotting must inform their physician about such medication. In any case, **anticoagulants** therapy should be discontinued prior to the examination. Please, contact your physician and follow their instructions as applicable. **When having discontinued Warfarin therapy your blood clotting (INR, Quick) will need to be tested.**
- ✚ If you are currently being treated with blood glucose-lowering medication (**insulin, antidiabetics**) consult your diabetologist or referring physician about drug administration during colonoscopy.
- ✚ Discontinuing any treatment with other medication such as blood pressure medication or aspirin is not needed. On the day of examination use your morning dose as usual.

10 days prior to the examination:

- ✚ Discontinue any treatment with medication containing iron (Ferronat, Sorbifer, Aktiferrin, Durules) and food supplements containing iron. This medication colors intestinal contents black and renders the examination entirely impossible.

3 days prior to the examination:

- ✚ Do not eat fruit and vegetables **especially the ones** containing small grains. Also, remove whole-wheat foods from the food (grains could clog the canal of the examination instrument and complicate the examination).
Suitable food: white baked bread/rolls, soft lean meat, poultry, fish, yoghurt, apple sauce, mashed potato, sponge biscuits.

1 day prior to the examination:

- ✚ You may eat light breakfast (yoghurt, sponge biscuits, tea), only liquid for lunch or clear soup.
- ✚ **For dinner eat NOTHING, only drink tea or still clear liquid.**

The day of the examination:

- ✚ for examination you will need a written request for procedure from your referring physician, list of medications you use or laboratory results, as appropriate, and the informed consent form (if possible study the informed consent form thoroughly prior to the arrival and fill in the requested information)
- ✚ come accompanied or ensure transportation **if you will require premedication** (after taking medication with sedative effect during examination you will not be able to drive)

The two following rules must be obeyed for successful preparation:

- apart from the laxative to be used during preparation, drink large quantities of clear liquid (mineral water, water, tea), do not drink milk or juice!
- correct timing of laxative administration is essential in line with the timing of the colonoscopy

Why is the quality of preparation so important?

When the intestine is properly cleansed, the physician is able to thoroughly examine its mucous membrane and the risk of failure to notice any pre-malignant tumor is reduced. It is equally important to mention that when the intestine is properly prepared the physician will not need to enter a large quantity of air when introducing the colonoscope into the colon which reduces the discomfort caused by the procedure.

What will happen if your intestine is not well prepared?

In some cases, it will still be possible to perform the examination despite the insufficient preparation of the colon, remains of stool may be pumped out during the examination. If the examination is performed due to cancer prevention and the intestine is not well prepared a control in short intervals (1-3 years) is usually recommended. In case of insufficient preparation, the examination cannot be performed and preparation and examination must be repeated.



Laxatives used for preparation for colonoscopy

The timing of laxative administration depending on the timing of the examination.

FORTTRANS, VISTAPREP

I. option (endoscopy examination from 8 am): drink 3 l of solution in the afternoon and in the evening from 4 pm and subsequently, drink 1 l of solution at 4:00 am

II. option (endoscopy examination from 10 am): drink 2 l of solution in the evening from 6 pm and subsequently, drink 2 l of solution at 4 am

III. option (endoscopy examination from noon): drink 1 l of solution in the evening from 6 pm and subsequently, drink 3 l of solution at 5 am

IV. option (endoscopy examination in the afternoon): drink all four liters of solution in the morning on the day of the examination

- **Every sachet of Fortrans® is to be dissolved in 1 l** of cold clear beverage (such as water, orange juice, bitter tea, water with lemon or vitamin C).
- **During preparation it is possible to drink** aside from the laxative, consume also plenty of other **clear liquids** (such as mineral water, water, tea), however, do not drink milk, juice with pulp, coffee or alcohol!
- **Ideally, drink all 4 l of diluted solution of Fortrans®.**
- Drink the solution **at the speed of 1 l per hour.**
- **The last dose** is to be finished at least **4 hours before examination** (even if you had to wake up at night or in the early morning to do so).
- Follow the recommended scheme, even though only clear liquid is being discharged from your rectum in the evening, **the morning part of the preparation should not be skipped, and all of the solution must be finished.**

EZICLEN

The package contains two bottles with a salt solution and a plastic container. Pour each of the bottles containing salt into the plastic container and then, fill the container with water up to the mark (2x1/2 l of salt liquid may be prepared from the 2 bottles).

I. option (endoscopy examination by 10 am):

Drink the solution from the first bottle (1/2 l) between 6-7 pm and subsequently, drink 1,5 l of clear water (by 8:30 pm). Then, drink the solution from the other bottle (again 1,2 l) between 9-10 pm and subsequently, drink 1,5 l of clear water (by midnight).

II. option (endoscopy examination after 10 am): Drink the solution from the first bottle (1/2 l) between 9-10 pm and subsequently, drink 1,5 l of clear water (by 11 pm). Then, drink the solution from the other bottle (1/2 l) between 6-7 am and afterwards, drink 1,5 l of clear water (by 9 am)

MOVIPREP

The package contains 2 sachets (A+B), one A+B sachets is to be dissolved in 1 l of water (in total 2x1000ml salt solution can be prepared).

I. option (endoscopy examination by 10 am): Drink the first liter of salt solution between 6-7 pm and subsequently, drink 1 l of clear water within the next 1,5 hours. Drink the second liter of salt solution between 9-10 pm and subsequently, drink 1 l of clear water within the next 1,5 hours.

II. option (endoscopy examination after 10 pm): Drink the first liter of salt solution between 8-9 pm and subsequently, drink 1 l of clear water within the next 1,5 hours. Drink the other liter of salt solution between 6-7 am on the day of examination and subsequently, drink 1 l of clear water within the next 1,5 hours.



PICOPREP

I. option (endoscopy examination by 11 am): At 3 pm prepare the first dose. Dissolve the contents of the sachet in 100 ml of cold water, stir for 2-3 minutes and then, drink the solution. In the following 6 hours, drink at least 1,5 l of liquids (water, apple juice, coke, etc.). The solution takes effect within 1-3 hours after drinking. Prepare the other dose in the same way and drink it at 9 pm. Afterwards, drink at least another 1,5 l of liquids by midnight!

II. option (endoscopy examination after 11 pm): Prepare the first dose and drink it at 6 pm, the other dose must be prepared and drunk at the day of procedure at 6 am.

- Sometimes the solution may heat up when Picoprep is dissolved. In such case, wait until the solution cools down enough to be consumed.

CITRAFLEET

1st dose – consume by 8 am, BEFORE BREAKFAST on the day prior to the examination:

Step 1 – Fill the cup with cold tap water and mix in 1 sachet of Citrafleet (150 ml).

Step 2 – Stir for 2 – 3 minutes. If the solution heats up during the preparation wait until cooling off and then drink the solution. Drink the solution immediately after its preparation. The solution will be turbid. It is necessary that you drink at least 2 l of other clear liquids before consuming the next dose.

2nd dose – use between 2 pm and 4 pm on the same day as 1st dose:

Prepare and drink the second dose following the step 1 and 2 above. It is necessary that you drink at least 2 l of clear liquids after administering the medication.

CLENSIA

The package contains 8 sachets with powder (4 large sachets marked A + 4 small sachets marked B), which must be dissolved in water before use.

I. option (endoscopy examination by 10 am): Dissolve 2 sachets A and 2 sachets B in 1 liter of water and drink between 6 - 7 p.m., drink 1 l of clear water within the next 1,5 hours. Dissolve another 2 sachets A and 2 sachets B in 1 liter of water and drink between 9 -10 p.m., subsequently drink 1 l of clear water within the next 1,5 hours.

II. option (endoscopy examination after 10 am): Drink 2 sachets A and 2 sachets B between 8-9 p.m., then drink 1 liter of clean water within 1.5 hours. Drink another 2 sachets A and 2 sachets B between 6 -7 am on the day of the examination and then drink another 1 liter of clean water within 1.5 hours.

Don't drink anything — even water — at least two hours before your procedure.