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## Colonoscopy: how to be prepared

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A correct preparation for the colonoscopy is an essential condition in order to obtain quality results.

We ask you to respect the following directions.

### THE INTESTINAL PREPARATION TECHNIQUES

For a good intestinal cleansing, you have to purchase a product of your choice among PLENVU, CLENSIA or MOVIPREP and, carefully following the instructions in the packaging leaflet, prepare a **solution to drink entirely** in the time described here below. Approximately 1-2 hours after drinking the first portion of the solution, the faecal discharge will start, it will become progressively more liquid and then turn into a lighter colour: this may indicate a good intestinal cleansing.

### THE DAY BEFORE THE EXAM

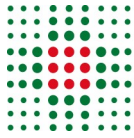
- a. Start a diet free of slags: DO NOT eat fruits with peel or seeds, vegetables, salad, rice, legumes and whole foods
- b. You can eat pasta, bread, meat, fish, eggs, potatoes and carrots.
- c. Drink at least 2 liters of water daily.
- d. Don't eat solid foods after the intestinal preparation.

### ON THE DAY OF THE EXAM

- **If the exam is scheduled in the morning**, you are not allowed to eat before.

- **If the exam is scheduled in the afternoon**, you can have a light breakfast and then fast until the end of the exam.

You can drink water and light coloured liquids (tea, chamomile) until two hours before the exam.

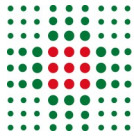


## HOW TO TAKE THE SOLUTION FOR THE INTESTINAL PREPARATION

You can choose 1 among these products:

<p style="text-align: center;"><b>PLENVU</b> <b><u>If the exam is scheduled in the morning</u></b></p> <p><b>The day before the exam:</b></p> <ul style="list-style-type: none"><li>• drink the first dose between 6pm and 6.30pm</li><li>• drink 1 liter of water from 6.30pm to 7.30pm</li><li>• for dinner you can have broth or light coloured liquids</li></ul> <p><b><u>On the day of the exam:</u></b></p> <ul style="list-style-type: none"><li>• You cannot have breakfast</li><li>• 4 hours before the exam, drink the second dose in 30 minutes</li><li>• 3 hours before the exams, drink 1 liter of water in one hour</li></ul>	<p style="text-align: center;"><b>CLENSIA or MOVIPREP</b> <b><u>If the exam is scheduled in the morning</u></b></p> <p><b>The day before the exam:</b></p> <ul style="list-style-type: none"><li>• drink the first dose between 6pm and 7pm</li><li>• drink 1 liter of water from 7pm to 8pm</li><li>• for dinner you can have broth or light coloured liquids</li></ul> <p><b><u>On the day of the exam:</u></b></p> <ul style="list-style-type: none"><li>• You cannot have breakfast</li><li>• 4 hours before the exam, drink the second dose in one hour</li><li>• 3 hours before the exams, drink 1 liter of water in one hour</li></ul>
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<p style="text-align: center;"><b>PLENVU</b> <b><u>If the exam is scheduled after 2pm</u></b></p> <p><b>On the day of the exam:</b></p> <ul style="list-style-type: none"><li>• you can have a light breakfast</li><li>• you cannot have lunch</li><li>• drink the first dose between 7am and 7.30am</li><li>• drink 1 liter of water from 7.30am to 8.30am</li><li>• 4 hours before the exam, drink the second dose in 30 minutes</li><li>• 3 hours before the exams, drink 1 liter of water in one hour</li></ul>	<p style="text-align: center;"><b>CLENSIA or MOVIPREP</b> <b><u>If the exam is scheduled after 2pm</u></b></p> <p><b>On the day of the exam:</b></p> <ul style="list-style-type: none"><li>• you can have a light breakfast</li><li>• you cannot have lunch</li><li>• drink the first dose between 7am and 8am</li><li>• drink 1 liter of water from 8am to 9am</li><li>• 4 hours before the exam, drink the second dose in an hour</li><li>• 3 hours before the exams, drink 1 liter of water in one hour</li></ul>
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## RECOMMENDATIONS AND ADDITIONAL INFORMATION

- a. If you suffer from favism or phenylketonuria, call the gastroenterologist that will perform your exam that will indicate the right product for the intestinal preparation.
- b. If you are pregnant, call the gastroenterologist that will perform your exam
- c. If your weight is beyond 100 kg or you suffer from nocturnal apnea or you are following a home-treatment oxygen therapy call the gastroenterologist that will perform your exam
- d. If you are taking any medicine, on the day of the exam, one hour after taking the solution, you can take your therapy (ex. anti-hypertensive, cardiological)
- e. If you are taking anticoagulant drugs, antiplatelet, insulin or diabetes therapies, contact your general doctor at least seven days before the exam.
- f. Remember to take with you:
  - the medical referral (impegnativa)
  - medical reports of previous colonoscopies or specialistic visits connected to the colonoscopy you are about to do.
  - the list of medicines you are taking
- g. for any doubts or information, you can contact the Digestive Endoscopy Department where you will do the exam.

**ATTENTION!** *Usually the colonoscopy is performed with a previous sedation of the patient, it's necessary to be accompanied by an adult able to drive.*