
Colonoscopy: how to be prepared

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 fecal discharge will start, it will become progressively more liquid and then turn into a lighter color: this may indicate a good intestinal cleansing.

THE DAY BEFORE THE EXAM

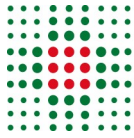
- a. Start a diet free of slags: DO NOT eat fruits with peel or seeds, vegetables, salad, rice, legumes and whole foods
- b. You can eat pasta, bread, meat, fish, eggs, potatoes and carrots.
- c. Drink at least 2 liters of water daily.
- d. Don't eat solid foods after the intestinal preparation.

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.

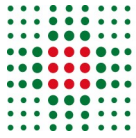


HOW TO TAKE THE SOLUTION FOR THE INTESTINAL PREPARATION

You can choose 1 among these products:

<p style="text-align: center;">PLENVU <u>If the exam is scheduled in the morning</u></p> <p>The day before the exam:</p> <ul style="list-style-type: none">• drink the first dose between 6pm and 6.30pm• drink 1 liter of water from 6.30pm to 7.30pm• for dinner you can have broth or light coloured liquids <p><u>On the day of the exam:</u></p> <ul style="list-style-type: none">• You cannot have breakfast• 4 hours before the exam, drink the second dose in 30 minutes• 3 hours before the exams, drink 1 liter of water in one hour	<p style="text-align: center;">CLENSIA or MOVIPREP <u>If the exam is scheduled in the morning</u></p> <p>The day before the exam:</p> <ul style="list-style-type: none">• drink the first dose between 6pm and 7pm• drink 1 liter of water from 7pm to 8pm• for dinner you can have broth or light coloured liquids <p><u>On the day of the exam:</u></p> <ul style="list-style-type: none">• You cannot have breakfast• 4 hours before the exam, drink the second dose in one hour• 3 hours before the exams, drink 1 liter of water in one hour
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<p style="text-align: center;">PLENVU <u>If the exam is scheduled after 2pm</u></p> <p>On the day of the exam:</p> <ul style="list-style-type: none">• you can have a light breakfast• you cannot have lunch• drink the first dose between 7am and 7.30am• drink 1 liter of water from 7.30am to 8.30am• 4 hours before the exam, drink the second dose in 30 minutes• 3 hours before the exams, drink 1 liter of water in one hour	<p style="text-align: center;">CLENSIA or MOVIPREP <u>If the exam is scheduled after 2pm</u></p> <p>On the day of the exam:</p> <ul style="list-style-type: none">• you can have a light breakfast• you cannot have lunch• drink the first dose between 7am and 8am• drink 1 liter of water from 8am to 9am• 4 hours before the exam, drink the second dose in an hour• 3 hours before the exams, drink 1 liter of water in one hour
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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 allergic to latex or suspect you may be allergic, contact the facility where you are to be performed the exam to talk to the health personnel
- e. 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)
- f. If you are taking anticoagulant drugs, antiplatelet, insulin or diabetes therapies, contact your general doctor at least seven days before the exam.
- g. 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
- h. 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.*

To contact the facility where you must perform the test, consult the contact details on www.ausl.mo.it/endoscopy or scan the QR-Code on the side with your mobile phone

