

Colonoscopy: how to be prepared

A correct preparation for the colonoscopy is an essential condition in order to get a complete exam. We ask you to respect the following instructions.

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

- Start a diet free of slags: **DO NOT** eat fruits with peel or seeds, vegetables, salad, rice, legumes and whole foods
- You can eat pasta, bread, meat, fish, eggs, potatoes and carrots
- Drink at least 2 liters of water during the day
- Don't eat solid foods after the start of 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 by 7 am and then fast until the exam. You can drink water and light coloured liquids (tea, chamomile) until 2 hours before the exam.

HOW TO TAKE THE SOLUTION FOR THE INTESTINAL PREPARATION

You can choose 1 among these products:

PLENVU

If the exam is scheduled in the morning

The day before the exam:

- drink the first dose between 6 pm and 6.30 pm
- drink 1 liter of water from 6.30 pm to 7.30 pm
- for dinner you can have broth or light coloured liquids

On the day of the exam:

- 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 1 hour

CLENSIA o MOVIPREP

If the exam is scheduled in the morning

The day before the exam:

- drink the first dose between 6 pm and 7 pm
- drink 1 liter of water from 7 pm to 8 pm
- for dinner you can have broth or light coloured liquids

On the day of the exam:

- you cannot have breakfast
- 4 hours before the exam, drink the second dose in 1 hour
- 3 hours before the exams, drink 1 liter of water in 1 hour

PLENVU

If the exam is scheduled after 2 pm

On the day of the exam:

- you can have a light breakfast by 7 am
- you cannot have lunch
- drink the first dose between 7 am and 7.30 am
- drink 1 liter of water from 7.30 am to 8.30 am
- 4 hours before the exam, drink the second dose in 30 minutes
- 3 hours before the exams, drink 1 liter of water in 1 hour

CLENSIA o MOVIPREP

If the exam is scheduled after 2 pm

On the day of the exam:

- you can have a light breakfast by 7 am
- you cannot have lunch
- drink the first dose between 7 am and 8 am
- drink 1 liter of water from 8 am to 9 am
- 4 hours before the exam, drink the second dose in 1 hour
- 3 hours before the exams, drink 1 liter of water in 1 hour

RECOMMENDATIONS AND ADDITIONAL INFORMATION

- A. **Immediately after booking**, contact the facility where your exam has to be performed to talk to the health personnel if:
- if you suffer from favism or phenylketonuria, the right product for the intestinal preparation will be communicated to you
 - you are pregnant
 - your weight is beyond 100 kg or you suffer from nocturnal apnea or you are following a home-treatment oxygen therapy
 - you are allergic to latex or suspect you may be allergic
- B. **At least 7 days before the exam**, contact your general doctor if you are taking anticoagulant drugs, antiplatelet, insulin or diabetes therapies. The doctor will give you instructions about the interruption or the management of the therapy
- C. Furthermore:
- if you are taking any medicine, on the day of the exam 1 hour after finishing the solution you can take also your therapy (ex. anti-hypertensive, cardiological)
 - remember to take with you:
 - the medical request (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
 - 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, so 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/endoscopia or scan the QR-Code on the side with your mobile phone

