



## How to prepare for the examination

### Colonoscopy – preparation with Eziclen

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Colonoscopy – a procedure that uses a special tube (speculum) introduced through the rectum to look inside the entire large intestine (the colon). This is performed with a narrow, flexible instrument known as a colonoscope, measuring between 130 and 200 cm. The visual tracks in the colonoscope make it possible to present images from inside the gastrointestinal tract at an adequate magnification level on a colour monitor. The purpose of the examination is to assess the mucosal surface of the large intestine. With the use of additional instruments, it is possible to collect mucosal specimens for histopathological examination and perform endoscopic procedures, which often help patients avoid surgical interventions.

### Information about your health that must be reported to the physician performing the examination:

- aggravation of the ischemic heart disease
- arterial hypertension
- aortic aneurysm
- breathlessness at rest
- susceptibility to bleeding (haemorrhagic diathesis)
- pregnancy
- menstrual bleeding on the day of the examination
- drug allergies
- glaucoma
- psychiatric diseases
- any sudden discomforts experienced during the examination

- Patients suffering from diabetes should make this fact clear while registering for the examination because they should undergo the examination in the morning. They should also consult the pre-examination procedures with their physician.

## How to prepare for the examination

### 1. Diet

- Three (3) days before the examination: do not eat bread with grains, stone fruit (e.g. grapes, tomatoes, kiwi, and strawberries), linseed, poppy seed or sesame. Stones, grains and seeds lingering in the intestine will impede the performance of the examination.
- One (1) day before the examination:
  - The breakfast should be easily digestible, e.g. a bun or a slice of bread with butter, cheese, hard-boiled egg, a rasher of ham, any amount of water, tea, coffee without grounds (black or white) and clear juice.
  - Around 1.00 - 3.00 pm, you can eat a cream-type soup or strained stock.
  - Do not consume any meals from 3.00 pm onwards. You can drink clear liquids: water, tea, juice, or suck on hard candies.
- On the day of the examination:
  - Do not consume any meals.
  - You are allowed to suck on hard candies.
  - You can drink any amount of clear beverages, including water or tea, not later than 2 hours before the scheduled hour of the examination.

### 2. Taking the preparation

#### A one-day scheme

- Start the preparation in the early evening, i.e. not later than at 6 pm.
- Pour the bottle of medication into the mug delivered.
- Add water to the medication up to the line indicated on the mug (in total 0.5 l).
- Within the next 30-60 minutes, unhurriedly drink the entire liquid from the mug.

- Within the next 30 minutes, drink 2 more mug (filled up to the line; 1 l altogether) of water or clear liquid (tea, coffee without milk or cream, carbonated or still beverages, strained fruit juices without pulp - except for the red and purple ones, clear soups, strained soups cleared of any solid elements).
- Repeat all the above steps for the second dose of the medication after about 2 hours from the time you started the first part of the scheme.

### Divided scheme

#### 1. The day before the examination

- Start the preparation in the early evening, i.e. not later than at 6 pm.
- Pour the bottle of medication into the mug delivered.
- Add water to the medication up to the line indicated on the mug (in total 0.5 l).
- Within the next 30-60 minutes, unhurriedly drink the entire liquid from the mug.
- Within the next 30 minutes, drink 2 more mugs (filled up to the line; 1 l altogether) of water or clear liquid (tea, coffee without milk or cream, carbonated or still beverages, strained fruit juices without pulp - except for the red and purple ones, clear soups, strained soups cleared of any solid elements).

#### 2. On the day of the test

- Repeat all the above steps for the second dose of the medication in the early morning after 10 to 12 hours from the time you started the first part of the scheme.
- You can drink any amount of clear liquids, including water or tea, not later than 2 hours before the scheduled hour of the examination.

**While preparing for the colonoscopic examination, you will experience frequent bowel discharge (diarrhoea), with liquid (watery) content at the end.**

#### 3. Medication

- Discontinue any iron-containing preparations.
- If you take antiaggregative drugs, such as Aspirine, Acard, Ticlid, etc. – consult the physician who prescribed the drugs.

- If you take anticoagulants – Sintrom, Syncumar, Acenocumarol, Warfarin – consult your anticoagulant treatment and a change of drugs to low-molecular heparin with the physician.
- Your other regular drugs should be taken as instructed by the physician, preferably 2 hours before or after taking the laxative.

### **On the day of the examination**

1. On an empty stomach (without consuming any food), you can drink still mineral water not later than 2 hours before the examination.

**IMPORTANT! If the examination is performed under anaesthesia, then you can drink water not later than 6 hours before your examination.**

2. Present your ID card and the referral before your examination. If your referring physician or an anaesthesiologist ordered certain tests before your colonoscopy, remember to bring the relevant results along.

### **Examination under general anaesthesia – “sleeping without feeling anything”**

1. The colonoscopic examination can be performed under general anaesthesia. Upon intravenous administration of an anaesthetic, the patient falls asleep for about several minutes and wakes up once the procedure is over. It is a shallow anaesthesia which does not require tracheal intubation.

2. If your colonoscopic examination is scheduled for the late morning hours, apply a one-day model, beginning from around 4.00 pm and taking the second portion of the preparation at around 8.00 pm.

### **After the examination**

1. After the examination, you can experience flatulence and intestinal spasms caused by the air introduced into the intestine during the procedure. This sensation subsides after breaking winds.
2. When a discomfort appears - flatulence, spasmodic abdominal pains – take Espumisan (3x2 tab.) or No-Spa (3x1 tab.).
3. After the examination, it is recommended that you resume your daily diet. If the examination is performed under general anaesthesia, an easily-digestible food can be consumed from the moment indicated by the anaesthesiologist.
4. Resign from driving vehicles or operating other moving machines for at least 12 hours after general anaesthesia, because your physical and mental fitness may be impaired.
5. If your colonoscopic examination was performed under general anaesthesia, you will remain under supervision for 1-2 hours. You will need somebody to take you home after the procedure. If you do not remember the instructions you received after the examination, contact your physician the next day.