

PATIENT PREPARATION FOR COLONOSCOPY



Please follow the patient preparation instructions for colonoscopy.

- For **seven days** before the imaging, do not eat foods containing seeds (sesame, grapes, muesli), fresh fruits and vegetables

- For **five days** before the imaging, do not take:
 - Oral anticoagulants (*Farin, Sintrom, Sincum, Pradaxa...*)
 - Acetylsalicylic acid products (*Cardiopirin, Midol, Aspirin...*)
 - Non-steroidal anti-inflammatory drugs (*Brufen, Diklofen...*)
 - Iron supplements

- For **two days** before the imaging, eat only clear soups (no noodles), apple juice, light-coloured teas, water

- **On the day before the examination:**
 - Start consuming the solution at **9 am**. Prepare the solution as follows: dissolve 2 bags of **FORTTRANS** powder in 2 litres of water and drink the homogeneous solution within 1.5-2 hours, along with another litre of pure water (a total of 3 litres of liquid – 250 ml recommended at intervals of 10-15 minutes);

 - Start consuming the second dose of the solution at **5 pm**. Prepare the solution in the same manner: dissolve 2 bags of **FORTTRANS** powder in 2 litres of water and drink the homogeneous solution within 1.5-2 hours, along with another litre of pure water (a total of 3 litres of liquid – 250 ml recommended at intervals of 10-15 minutes);

 - At **8 pm**, put a **DULCOLAX** suppository deep in the anus

- **On the morning of the examination**, at 5 am, put one **DULCOLAX** suppository deep in the anus

If you are using heart and high blood pressure therapy, make sure to take it during the preparation and on the imaging day. Do not eat or drink anything on the intervention day.

Finally, please bring with you the following on the imaging day:

- consent of the internal medicine specialist for colonoscopy examination under anaesthesia;
- laboratory results: complete blood count (CBC), prothrombin time (PT), partial thromboplastin time (PTT), international normalized ratio (INR), not older than seven days.

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It is extremely important that you strictly follow the above instructions in order to give the doctor a good insight into the structures of your colon, which must be well cleaned.