

How to prepare for endoscopy COLONOSCOPY

1. Low-residue diet for 3 days (please, see below).
2. Please choose the medicine to empty your bowels (Fortrans, Fleet, Lavacole, Picoprep, Moviprep) and take it on the day before the procedure.
3. Please **DO NOT drink** and **DO NOT eat** on the day of the procedure!

FORTTRANS

Low-residue diet for 3 days (please, see below). You may have a breakfast and lunch consistent with the low-residue diet on the day before the procedure.

Instructions on how to take the medicine:

If the procedure is scheduled at 8–10 a.m., you should take 4 litres of FORTTRANS solution on the previous night at 5–9 p.m. (or at 6–10 p.m.).

(take totally 4 packets of the powder, dissolve the contents of each packet in 1 litre of water. You should take one glass of the solution every 15 minutes).

If the procedure is scheduled at 11 a.m. to 3 p.m., you should take 2 litres of FORTTRANS solution on the previous night at 6–8 p.m. and the next 2 litres in the morning on the day of the procedure.

FLEET

Low-residue diet for 3 days (please, see below). You may have nothing but liquids on Day 3 of the diet: clarified juices, sweet tea/coffee, or fruit infusion.

Please strictly **follow the instructions** below for FLEET administration on the day before the procedure:

- Please drink one glass of water at 7 a.m. (or 8 a.m.), dissolve the contents of one flask of FLEET in 1/2 of a glass of water (120 ml). Please drink the solution and wash down with one glass of water.

- **It is necessary to drink at least 3 litres of liquid during the day.**

NB! If you feel discomfort and nausea after the first intake of FLEET, you may eat a slice of wheat bread and butter with cheese at 1 p.m.

- Please drink **one** glass of water at 7 p.m. (or at 8 p.m.), then dissolve the contents of one flask of FLEET in 1/2 of a glass of water (120 ml). Please drink the solution and wash down with one glass of water.

LAVACOLE

Low-residue diet for 3 days (please, see below). You may have nothing but liquids on Day 3 of the diet: clarified juices, sweet tea/coffee, or fruit infusion.

Please strictly **follow the instructions** below for LAVACOLE administration on the day before the procedure: the pack contains 15 sachets. Please dissolve the contents of each packet (14 g) in 200 ml of water, then drink one glass at a time every 20 minutes.

It is recommended to take the medicine at 2–7 p.m.

PICOPREP

Low-residue diet for 3 days (please, see below). You may have nothing but liquids on Day 3 of the diet: clarified juices, sweet tea/coffee, or fruit infusion.

Please strictly **follow the instructions** below for PICOPREP administration on the day before the procedure:

- Please drink one glass of water at 8 a.m. (or at 9 a.m.), then dissolve the contents of 1 packet of PICOPREP in 1/2 of a glass of water (120 ml). Please drink the solution and wash down with one glass of water.
- **It is necessary to drink at least 3 litres of water during the day.**

NB! If you feel discomfort and nausea after the first intake of PICOPREP, you may eat a slice of wheat bread and butter with cheese at 1 p.m.

- Please drink one glass of water at 4 p.m. (or at 5 p.m.), then dissolve the contents of 1 packet of PICOPREP in 1/2 of a glass of water (120 ml). Please drink the solution and wash down with one glass of water.

MOVIPREP

Low-residue diet for 3 days (please, see below).

If the procedure is scheduled at 8–10 a.m., you may have a breakfast consistent with the low-residue diet (please, see below) before 9 a.m. on the previous day.

If the procedure is scheduled at 10 a.m. – 2 p.m., you may have a breakfast before 9 a.m. and a light lunch before 1 p.m. both consistent with the low-residue diet (please, see below) on the previous day.

You may drink clear liquids during the day: clarified juices, sweet tea/coffee, or fruit infusion.

Instructions on how to take the medicine. One-stage evening dosing schedule.

On the day before the procedure

- 7–8 p.m. — Take the first litre of the solution (Completely dissolve the contents of one sachet A and one sachet B in a small amount of still drinking water at ambient temperature. Make up to 1 litre with water and mix. Take the solution by 250 ml portions every 15 minutes).
- 9–10 p.m. — Take the second litre of the solution (please repeat steps from the above paragraph using the remaining sachets A and B).

Please do not forget to drink 500 ml of water after each litre of the solution.

LOW-RESIDUE DIET

Do not eat:

1. Any fruits and vegetables (either fresh or heat-treated).
2. Grains, cereals, muesli, nuts, brown bread.
3. Milk.
4. Any seafood.

Food products allowed during 2–3 days before the colonoscopy:

1. Low-fat broth, pasta, potato without skin, white rice.
2. Boiled poultry, veal, beef, non-fatty fish, eggs, cheese.
3. Plain yoghurt, chocolate, gelatin, marshmallows, sorbet.
4. Wheat bread, plain cookies, crackers, muffins, waffles, pancakes.

Recommendations of anesthesiologist

You must not drive a car for a few hours after endoscopy if the procedure included intravenous sedation (conscious sedation)!