DATE OF EXAMINATION …./…/…. TIME…..
ENDOSCOPY LAB Tel:210-6796250

COLONOSCOPY PREPARATION
MORNING APPOINTMENT

The examination preparation includes diet and laxatives.

Part 1

DIET PREPERATION

- Three (3) days prior to the examination avoid foods with vegetable residue such as leaf vegetables, fruit, legumes, vegetables and seeds. If possible, consume a lot of soup and water.
- **In case of constipation**, it is recommended to take Sack Effecol 3350 1X3 (morning, noon, evening), starting 3 days before the examination.
- The day before the examination, and up until 14:00 consume only liquids (water, black coffee, tea, chamomile, a little soup of clear broth). Consumption of milk is not allowed.
- After 14:00 consume only water or tea or chamomile
- **Do not consume any food and any water or liquids three (3) hours before the examination**
- If you are on any medication such as anticoagulant medicines (eg. Salospir/ Plavix/ Sintrom/Pradaxa or other generic medicine), or anti-diabetic treatment (insulin or pills), you should contact your doctor and/or the department's endoscope, in order to interrupt or change the dosage.
- If you are taking iron supplement, it is necessary to stop taking it 3 days before the examination.
- **If you are taking injections such as Ozempic, Mounjaro, etc., you must refrain from administering an injection for at least 1 week.**

Part 2

Preparation using LAXATIVES (EFECOL-PREP or FORTRANS or CITRAFLEET*)

The packing of laxative used for preparation, **EFECOL-PREP** or **FORTRANS**, contains four sachets. The content of each sachet is dissolved in 1 litre of water. The dissolution of the sachets is to start at 16:00 the day before the examination. The solution must be consumed within 4-6 hours, at the rhythm of one big glass of water every 15-20 minutes, until the whole of the solution is consumed

The packing of laxative used for preparation, **CITRAFLEET*** contains 2 sachets. At 15:00 the day before the examination, dissolve one sachet in a glass of water. Then, during the following two hours (15:00–17:00), drink at least two liters of water, tea, or chamomile tea. The afternoon at 20:00, dissolve the second sachet in a glass of water. Afterwards, drink at least another two liters of water, tea, or chamomile tea over the next 2–3 hours (i.e. 20:00–23:00). The more fluids you drink, the better the bowel cleansing will be.

For the best bowel preparation, it is recommended to take 2tb Dulcolax at 12:00 noon the day before the examination.

***If you are over 70 years old or have any degree of kidney failure, avoid preparation with *CITRA-FLEET* or consult your doctor before taking the medication.**

RECOMMENDATION
Do not drive for at least 7-12 hours after the endoscopy.