

Digestive Endoscopy Service | Via Privata Benadir, 5 - Milan

COLONOSCOPY: RULES OF PREPARATION

In this document you will find useful and important information for better preparation. We invite you to read it carefully. Pay particular attention to the "warnings" and "how to prepare for the exam" sections. On this page you will find the summary of the contents and the indications to contact us in case of doubts.

Summary

- **THINGS TO KNOW**

Read the information in this section carefully.

- WHAT IS COLONOSCOPY AND WHAT IT IS USED FOR**
- BEFORE THE EXAMINATION**
- SEDATION**
- INTESTINE CLEANING**
- END OF THE EXAMINATION AND EXIT FROM THE AMBULATORY**
- SPECIAL WARNINGS AND CONDITIONS**

Carefully consult the table on p. 4 if you are suffering from particular pathologies or are taking medications. Specific warnings correspond to each particular condition.

- **HOW TO PREPARE FOR THE EXAMINATION**

In this section you will find all the practical information to follow to better prepare for the exam. Follow the diet recommendation and, after choosing the most suitable bowel preparation option, follow the method of intake.

- DIET RECOMMENDATION**
- HOW TO CHOOSE THE BOWEL PREPARATION**
- METHOD OF INTAKE BOWEL PREPARATION**

If case of doubt, contact Clinico's Center of Cimiano at 02-89701303 from 7.30 to 20.30 from Monday to Friday and from 7.30 to 13 on Saturday.

THINGS TO KNOW

What is a colonoscopy and what is it for

Colonoscopy is a diagnostic test aimed at exploring the internal walls of the colon, to discover any lesions, ulcerations, occlusions, tumor masses. It is an important prevention tool, which allows you to identify and, if necessary, instantly remove even very small tumors at an early stage, preventing their development and degeneration. Colonoscopy is recommended as a proper screening activity for all at-risk individuals.

Before the exam

- Remember to show up for the check-in (30 minutes before the exam) with the prescription of your attending physician (issued no more than 3 months ago) together with the identity card and the fiscal code.
- Bring the clinical documentation and any previous exams with you to be delivered to the doctor.
- We recommend that you read carefully and strictly follow all the prescriptions.
- We recommend that you come to the clinic accompanied.
- Wear comfortable clothing and avoid wearing jewelry (earrings, necklaces, bracelets, etc ...).
- Remove make-up, fingernail and toenail polish, contact lenses (can interfere with monitoring equipment).
- Carry containers for storing removable dentures, hearing aids, and more to remove before the procedure.
- If you have an ostomy (ileostomy, colostomy) we recommend that you have a spare to replace the satchet.
- In the presence of a menstrual cycle, the use of tampons is not contraindicated.
- We will ask you to sign an informed consent before proceeding with the sedation and carrying out the endoscopic examination.
- A venous access will be placed for the eventual administration of sedative and pain killing drugs.

Sedation

Sedative drugs can be administered during the examination in order to make the endoscopic examination more comfortable.

In the clinic, together with the anesthetist, the most appropriate type of sedation will be decided.

For this reason, after the exam it is not recommended to drive in the following 12 hours and it is necessary to be accompanied.

Bowel cleansing

Proper bowel cleansing is essential for carrying out a reliable, complete and safe diagnostic test. If the intestine is not properly cleansed:

- There is a risk of not identifying any injuries.
- The exam can become longer and more complex.
- There is a risk of having to suspend the exam and having to repeat the preparation and procedure. In this case, the service must in any case be paid.

A simple method to be sure of the effectiveness of the preparation taken is to check that the latest evacuations are liquid and light in color.

End of the examination and exit from the clinic

You will remain in the recovery room at the end of the endoscopic examination for a period of monitoring of vital parameters. The stay in the recovery room will last for a defined time based on the type of sedation performed and on an evaluation of the vital parameters judged suitable by the medical and nursing staff.

In the event of sedation, discharge from the endoscopy clinic takes place after evaluation by the anesthetist.

We also remind you:

- Do not get up without the consent of the Medical / Nursing Staff who checked the post-sedation conditions.
- Do not lean out of the cot to find personal effects if the general conditions have not yet been re-evaluated by the staff, if necessary ask for support using the bell provided.
- Do not go to the bathroom alone but ask the staff for support.

Upon leaving the endoscopy clinic

- Venous access will be removed only upon leaving the endoscopy clinic.
- The report will be delivered to you by the nurse. The doctor who performed the procedure is always available to provide you with further information.
- To exit the structure, use the lift.
- Do not drive in the 12 hours following the exam.
- Respect the post-procedure instructions indicated by the doctor on the report.
- Upon leaving the Endoscopy department, it is necessary to go to the admission desk for administrative "closure procedures".
- If it is necessary to issue proof of absence from work, it is possible to request it at the time of closing the administrative procedure.
- In case of histological samples, the date for the withdrawal of the histological report will be communicated. The histological report will be viewed by the endoscopist, who will evaluate the delivery methods: through Quick Consultation or delivery in a sealed envelope. Please remember the delivery time of the histological report occurs 10-15 days after the examination.

SPECIAL WARNINGS AND CONDITIONS

What to do when you have an ostomy (colostomy and ileostomy)?

For patients with DEFINITIVE COLOSTOMY, bowel preparation is required using the options indicated according to the schedule of the endoscopic procedure (we recommend using sachets with an open bottom during bowel preparation). No bowel preparation is indicated for patients with DEFINITIVE ILEOSTOMY. It is however useful in the presence of a definitive and non-definitive stoma to consult the choice of preparation, if necessary, with your general physician or contact Clinico's center of Cimiano.

Other special conditions

For patients suffering from particular pathologies or in case of use of antiplatelet or anticoagulant drugs, follow the information given in the table below.

Special conditions	Warnings
Patients with pacemakers who will have to perform polypectomy	Inform the medical staff at the time of the examination
Patients with favism, phenylketonuria, heart failure, respiratory failure, renal failure, Crohn's disease or ulcerative colitis	Consult the treating physician or contact the C's Center of Cimiano for the choice of preparation.
Patients on therapy with antiplatelet drugs <ul style="list-style-type: none"> ● Aspirin ● Clopidogrel ● Ticlopidine ● Ticagrelor ● Prasugrel 	In the case of a diagnostic test, it is possible to continue taking until the day before the exam. Stop taking them 5 days before the colonoscopy is recommended in the event that known or diagnosed polyps have to be removed during a previous examination (after consultation with the attending physician and / or trusted cardiologist).
Patients on anticoagulant drug therapy <ul style="list-style-type: none"> ● Coumadin ● Sintrom ● Warfarin 	Stop taking them 5 days before the exam in order to obtain an INR value <1.5 (after consulting with the TAO center of reference). For this reason, on the day of the exam it will be necessary to view the INR control (performed the day before or the morning itself). Replacement therapy with low-weight heparin molecular is allowed, except on the morning of the exam. There therapy with anticoagulants will subsequently be resumed as per scheme of the TAO Center.
Patients treated with new generation anticoagulant drugs <ul style="list-style-type: none"> ● Pradaxa ● Xarelto ● Eliquis 	Stop taking them 24 hours before the colonoscopy (evaluate the suspension with the reference TAO center and / or the cardiologist of reference). In case of known chronic renal insufficiency (creatinine > 1.5) stop taking them 48 hours before the exam. The therapy can be resumed after 6-12h in case of colonoscopy +/- biopsies or after 48-72h in case of polypectomy, following the information on the medical report.
Blood donors	Blood donor patients will be temporarily suspended from donations in the 4 months following the examination (We recommend that you notify your referral center).
All other drugs	They can be taken, with a little water, at least 2 hours before the procedure. Insulin can be taken after the procedure, when feeding is resumed.

In the event that the consultation with the general physician / cardiologist provides information other than those indicated here, please bring a written record signed by the doctor along with the rest of the documentation on the day of the exam.

HOW TO PREPARE FOR THE EXAM

Diet recommendations

Below you will find the general guidelines on nutrition to follow in the days prior to the exam. Depending on the bowel preparation option chosen, you will then have more specific indications. The diet recommendations on this page is to be followed regardless of the type of bowel preparation you have chosen.

Three days before the exam

Start a slag-free diet, avoid the consumption of fruits, vegetables, legumes, whole foods (non-whole bread / crackers are allowed).

You can eat pasta, meat, fish, eggs, cured meats and cheeses.

It is also important to drink at least 1.5-2 liters of water per day.

The day before the exam

- **Breakfast:** regular (e.g. coffee, tea, milk, white yogurt, biscuits, non-wholemeal rusks)
- **Lunch:** light (e.g. broth, pasta, plain yogurt)
- **Dinner:** water diet with clear liquids (tea, chamomile, broth, herbal teas)

The day of the exam

- **Fasting:** (breakfast is not allowed, however water intake is allowed - without exaggerating - up to 2 hours before the exam to complete bowel preparation or to accompany any morning therapies). If the procedure is scheduled in the afternoon you can also drink a cup of sweetened tea from 07.00 to 08.00.

How to choose the bowel preparation

Below we outline the pros and cons of the different bowel prep options. We invite you to consult the warnings section of this document and, if in doubt, contact your doctor to choose the option that best suits you.

Intake in divided doses (CLENSIA OS® and MOVIPREP®)

It has now been proven by numerous studies such as taking the preparation in FRACTIONAL DOSES (i.e. divided between the evening before the exam and the morning of the exam itself), although it requires getting up very early in the morning, (at least 3 hours before exam) has some advantages:

- Increases the chances of a good intestinal cleansing, making the examination faster and more reliable;
- Reduces the risk of suspending and rescheduling the colonoscopy;
- It is better tolerated as it allows the solution to be taken in two separate moments, also reducing side effects such as nausea and abdominal swelling;
- It allows you to carry out a normal work activity on the day before the exam

The need to stop to evacuate on the way to the clinic, although possible, is very rare (about 3% of patients).

Single dose intake (SELG-ESSE®)

Taking the entire preparation in a single dose the evening before the exam allows you to have a longer night's rest but has disadvantages:

- Greater risk of inadequate intestinal cleansing with a consequent reduction in diagnostic reliability and the speed of performing the colonoscopy;

- The risk of having to suspend and reschedule the exam increases;

- It is less tolerated since the volume of the preparation is taken within a few hours, increasing the risk of side effects such as nausea, vomiting and abdominal swelling.

Method of intake bowel preparation

The method of intake the intestinal preparation is dictated by the time slot in which the examination will take place and by the type of drug that is taken. The choice of drug depends on the personal needs of the patient and on any particular conditions (see the warnings section).

Exam time slot	Preparation option chosen	Instructions for intake methods
8.00 - 11.30	CLENSIA OS®	A (pg.7)
	MOVIPREP® *	B (pg.7)
	SELG-ESSE®	C (pg.7)
11.45 - 15.00	CLENSIA OS®	D (pg.8)
	MOVIPREP® *	E (pg.8)
From 15.00 onwards	CLENSIA OS®	F (pg.9)
	MOVIPREP® *	G (pg.7)

* Do not take MOVIPREP in case of favism or phenylketonuria

A. Preparation with CLENSIA OS® (FRACTIONAL DOSES) for scheduled exam between 8.00 and 11.30

Important: each pack of CLENSIA OS contains 4 "A" sachets + 4 "B" sachets. In the days preceding the colonoscopy, follow the diet as indicated.

The evening before the exam (around 18:00):

- Dissolve 2 sachets "A" + 2 sachets "B" of CLENSIA OS in 1 liter of fresh still water and start taking them which must be finished within about 2 hours (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).
- At the end drink ½ liter of clear liquids (water, tea, chamomile, herbal teas).

On the morning of the exam:

- Starting at least 3 hours before the time when the exam was scheduled, dissolve again in 1 liter of fresh still water 2 sachets "A" + 2 sachets "B" of CLENSIA OS and immediately start taking them, which must be completed within about 1 hour.
- If the exam is scheduled at 8:00, start preparation at 5:00 and finish it by 6:00 in the morning.
- At the end drink ½ liter of clear liquids (water, tea, herbal teas).

B. MOVIPREP® preparation (FRACTIONAL DOSES) for exam scheduled between 8.00 and 11.30

Do not take MOVIPREP in case of favism or phenylketonuria

Important: each complete MOVIPREP package contains 2 sachets "A" + 2 sachets "B". In the days preceding the colonoscopy, follow the diet as indicated.

The evening before the exam (around 7.00 pm):

- Dissolve 1 sachet "A" + 1 sachet "B" of Moviprep in 1 Liter of fresh still water and start taking it, finish it within 2 hours (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).
- At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

On the morning of the exam:

- Starting 3 hours before the scheduled exam time, dissolve 1 sachet "A" + 1 sachet "B" of Moviprep again in 1 Liter of fresh still water and immediately start taking it, which must be completed within 1 about an hour.
- If the exam is scheduled at 8:00, start preparation at 5:00 and finish it by 6:00 in the morning
- At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

C. SELG-ESSE® preparation (SINGLE DOSE)

for exam scheduled between 8.00 and 11.30

Important: each SELG-ESSE package contains 4 sachets.

In the days preceding the colonoscopy, follow the diet as indicated.

The evening before the exam:

- Dissolve each sachet of SELG-ESSE in 1 liter of fresh still water (4 sachets = 4 liters of solution) and start taking it starting at 20.
- Intake must be completed by 11 pm.
- At the end it is possible to take clear liquids (water, tea, herbal tea) up to 2 hours before the colonoscopy.

D. CLENSIA® preparation (FRACTIONAL DOSES)

for exam scheduled between 11.45 and 15.00

Important: each pack of CLENSIA OS contains 4 "A" sachets + 4 "B" sachets.

In the days preceding the colonoscopy, follow the diet as indicated.

The evening before the exam (around 20.00):

- Dissolve 2 sachets "A" + 2 sachets "B" of CLENSIA OS in 1 liter of fresh still water and start taking them which must be finished within about 2 hours (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).
- At the end drink ½ liter of clear liquids (water, tea, chamomile, herbal teas).

On the morning of the exam:

- Starting 3 hours before the time when the exam was scheduled, dissolve again in 1 Liter of fresh still water 2 sachets "A" + 2 sachets "B" of CLENSIA OS and immediately start taking them, which must be completed by About 1 hour.
- If the exam is scheduled from 11:45 am, start preparation at 7:00 am and finish it by 8:00 am.
- At the end drink ½ liter of clear liquids (water, tea, herbal teas).

E. MOVIPREP® preparation (FRACTIONAL DOSES)

for exam scheduled between 11.45 and 15.00

Do not take MOVIPREP in case of favism or phenylketonuria

Important: each complete MOVIPREP package contains 2 sachets "A" + 2 sachets "B". In the days preceding the colonoscopy, follow the diet as indicated.

The evening before the exam (around 20.00):

- Dissolve 1 sachet "A" + 1 sachet "B" of Moviprep in 1 liter of fresh still water and start taking it, finish it within 1 hour (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).
- At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

On the morning of the exam:

- Starting 3 hours before the scheduled exam time, dissolve 1 sachet "A" + 1 sachet "B" of Moviprep again in 1 Liter of fresh still water and immediately start taking it, which must be completed within 1 about an hour.
- If the exam is scheduled from 11:45 am, start preparation at 7:00 am and finish it by 8:00 am.
- At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

F. CLENSIA® preparation (FRACTIONAL DOSES)

for exam scheduled from 15.00 onwards

Important: each pack of CLENSIA OS contains 4 "A" sachets + 4 "B" sachets. In the days preceding the colonoscopy, take a diet as indicated.

The morning of the exam

About 7.00 am:

Dissolve 2 sachets "A" + 2 sachets "B" of CLENSIA OS in 1 liter of fresh still water and start the intake which must be finished within about 2 hours (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).

At the end drink ½ liter of clear liquids (water, tea, chamomile, herbal teas)

About 9.30 am:

Dissolve 2 other sachets "A" + 2 sachets "B" of CLENSIA OS in 1 liter of fresh still water and start taking them which must be finished within about 2 hours (it is recommended to drink 250 ml = 2 glasses at intervals 15-20 minutes).

At the end drink ½ liter of clear liquids (water, tea, chamomile, herbal teas)

Important: Allow at least four hours to elapse between the last intake of liquid (CLENSIA OS or clear liquid) and the start of the endoscopic examination.

G. MOVIPREP® preparation (FRACTIONAL DOSES) for exam scheduled from 15.00 onwards

Do not take MOVIPREP in case of favism or phenylketonuria

Important: each complete MOVIPREP package contains 2 sachets "A" + 2 sachets

"B". In the days preceding the colonoscopy, take a diet as indicated.

On the morning of the exam

About 6.00 am:

Dissolve 1 sachet "A" + 1 sachet "B" of Moviprep in 1 liter of fresh still water and start taking it, finish it within 1 hour (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).

At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

About 8.00 am:

Dissolve 1 sachet "A" + 1 sachet "B" of Moviprep in 1 Liter of fresh still water and start taking it, finish it within 1 hour (it is recommended to drink 250 ml = 2 glasses at intervals of 15-20 minutes).

At the end, drink at least ½ liter of clear liquids (water, tea, chamomile, herbal teas).

Important: allow at least four hours to elapse between the last intake of liquid (MOVIPREP or clear liquid) and the start of the endoscopic examination.