PREPARING FOR COLONOSCOPY

Dear Madam, Dear Sir,
The information contained in this document is intended to explain to you how to carry out the preparation for the health treatment proposed to you. It is necessary to follow carefully the following instructions and to take enterely the preparation selected from those indicated in Tab. A, Tab.B or Tab.C. The aim is to obtain a correct cleaning of the intestine that allows the execution of a reliable and safe examination in the identification of any alterations such as polyps. Otherwise, the test may not be performed or may have to be reprogrammed.

1) GENERAL RECOMMENDATIONS

- **Patients with chronic constipation:** take in the 5 days prior to the examination macrogol laxative 2 sachets/day (e.g. Movicol oral solution ready liquid sachets, AGPEG sachets, Clin 4000 sachets, Casenlax sachets: *These preparations do not replace the intestinal preparation*)
- **Patients on anticoagulant therapy:** consult your specialist or GP for any possible discontinuation or modification of therapy (e.g. EBPM embrication).

Unless clinically contraindicated, the following general rules apply: for anticoagulant oral therapy (TAO) discontinuation 5 days prior to examination with possible heparin embrication, for direct thrombin inhibitors (DTIs) or Non-vitamin K oral anticoagulants (NOACs) (NAO) discontinuation 48 hours prior to examination, for heparin alone at BPM discontinuation at least 12 hours prior to examination.

- **Patients on single antiplatelet therapy:** discontinuation is not necessary except in the case of major operating procedures (e.g. removal of bulky polyps).
- **Patients on double antiplatelet therapy:** consult your specialist to check the possibility of interruption, 7 days in advance, of at least one of the two drugs (it is possible to maintain ASA – aspirin, if it is impossible to withdraw both drugs).

2) DIET

- **In the three days prior to the examination observe light diet:**
  - low-residue diet (avoid whole foods, legumes, fruits and vegetables)
  - increase fluid intake
  - stop taking any medications containing iron or charcoal
- **The day before the exam:**
  - breakfast: coffee or milk or tea
  - lunch: a first course (rice or pasta or semolina)
  - dinner: only clear liquids
- **The day of the exam:**
  - only in the case of an examination scheduled after 12.00 p.m., in the morning you can take a sweetened tea

3) INTESTINAL CLEANING

The best type of preparation for good cleaning is polyethylene glycol (PEG-Macrogol 3350-4000).
Currently available on the market there are different types of preparation depending on the volume to be taken (from 1 liter to 4 liters).
As far as the time required for intestinal preparation is concerned, it has been demonstrated that taking products in SPLIT DOSE i.e. splitting up part of the preparation the evening before the examination and the remaining part the morning of the day of the examination, is much better tolerated than taking the entire preparation the previous day, thus ensuring a better quality of intestinal cleansing.
For this reason, you will find clear instructions on how to take the preparation according to the time of the exam appointment.

Please also note that:

- **In case of insufficient preparation, the examination may be incomplete and may require reprogramming.**
- **you have to choose ONLY ONE of the preparations from those of TAB A or TAB B or TAB C listed below, consulting your doctor or asking the Digestive Endoscopy service to identify the most suitable one for you**
- **medicines for the preparation can be purchased in pharmacy by showing this form together with the exam booking form.**

TAB. A - PREPARATIONS PEG MACROGOL 1 LITER			
TYPE OF PREPARATION	**INSTRUCTIONS AND PREPARATION'S INTAKE**		
	examination by 10 a.m.	***examination within 10 a.m. and 2 p.m.***	***examination after 2 p.m.***
PLENVU **or similar** **1L preparation** **+** **1L water** ***Pack with 2 DOSES:*** ***DOSE 1*** *= 1 sach* ***DOSE 2*** *=1 sach A + 1 sach B* ***Composition:*** *macrogol 3350* *sodium ascorbate* *sodium sulphate anhydrous* *ascorbic acid* *sodium chloride* *potassium chloride*	**Day before the examination** **7 p.m.** dissolve the contents of DOSE 1 (1 sach) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **11 p.m.** dissolve the contents of DOSE 2 (sach A + sach B) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Day before the examination** **8 p.m.** dissolve the contents of DOSE 1 (1 sach) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **Morning of examination** **6 a.m.** dissolve the contents of DOSE 2 (sach A + sach B) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Morning of the examination** **7.30 a.m.** dissolve the contents of DOSE 1 (1 sach) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **4 hours before the examination** dissolve the contents of DOSE 2 (sach A + sach B) in ½ L of water. Mix well and drink slowly in 30 min. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).
NOTES	**NOT INDICATED in case of phenylketonuria and favism**		

TAB. B - PREPARATIONS PEG MACROGOL 2 LITERS			
TYPE OF PREPARATION	**INSTRUCTIONS AND PREPARATION'S INTAKE**		
	examination by 10 a.m.	***examination within 10 a.m. and 2 p.m.***	***examination after 2 p.m.***
CLENSIA **Or similar** **2L preparation** **+** **1L water** ***Pack with:*** *4 sachets A + 4 sachets B* ***Composition:*** *macrogol 4000* *citric acid* *simeticone* *sodium sulphate / citrate / chloride* *potassium chloride*	**Day before the examination** **6 p.m.** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **9 p.m.** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Day before the examination** **8 p.m.** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **Morning of the examination** **6 a.m.** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Morning of the examination** **7.30 a.m.** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **4 hours before the examination** dissolve the contents of 2 sachets A + 2 sachets B in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).
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TYPE OF PREPARATION	**INSTRUCTIONS AND PREPARATION'S INTAKE**		
	examination by 10 a.m.	***examination within 10 a.m. and 2 p.m.***	***examination after 2 p.m.***
AGPEG PLUS ESSE **or similar** **2L preparation** **+** **1L water** ***Pack with:*** *4 sachets* ***Composition:*** *macrogol 3350* *simeticone*	**Day before the examination** **5 p.m.** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **8 p.m.** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Day before the examination** **8 p.m.** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **Morning of the examination** **6 a.m.** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).	**Morning of the examination** **7.30 a.m.** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile). **4 hours before the examination** dissolve the contents of 2 sachets in 1L of water. Mix well and drink in 90 minutes. Afterwards drink at least another ½ L of water or clear liquids (e.g. chamomile).
NOTES	**In order to optimize the preparation it is suggested to take 2 sachets per day of laxative (e.g. AGPEG sach 10g) in the 2 days prior to the examination.**		

TAB. C - PREPARATIONS PEG MACROGOL 4 LITERS			
TYPE OF PREPARATION	**INSTRUCTIONS AND PREPARATION'S INTAKE**		
	examination by 10 a.m.	***examination within 10 a.m. and 2 p.m.***	***examination after 2 p.m.***
SELGESSE or ISOCOLAN or similar 4 L preparation ***Pack SELGESSE:*** *4 sachets* ***Pack ISOCOLAN:*** *8 sachets* ***Composition:*** *macrogol 4000* *sodium sulphate anhydrous* *sodium bicarbonate* *sodium chloride* *potassium chloride* *simeticone (only in Selgesse)*	**Day before the examination** **4 p.m.** dissolve the contents of all sachets in 4 L of water. Mix well and take in 4-6 hours.	**Day before the examination** **6 p.m.** dissolve the contents of HALF of sachets in 2 L of water. Mix well and take in 2 hours. **Morning of the examination** **6 a.m.** dissolve the contents of the other HALF of the sachets in 2 L of water. Mix well and take in 2 hours.	**Morning of the examination** **7.30 a.m.** dissolve the contents of HALF of sachets in 2 L of water. Mix well and take in 2 hours. **4 hours before the examination** dissolve the contents of HALF of sachets in 2 L of water. Mix well and take in 2 hours.
NOTES	**The high volume of this preparation may be poorly tolerated (especially in the case of an examination before 10 a.m.) and therefore the preparation is often incomplete and consequently insufficient to carry out the examination.** **This preparation may be indicated for particularly constipated patients.**		