



## HOW TO TAKE THE PREPARATION

If your appointment is booked for early morning (8:00 a.m. – 10:00 a.m.), the preparation may be taken any time after 7:00 p.m. the evening before .

**However, it has been proven that the preparation is more effective if taken in two separate doses.**

Therefore, it is recommended that you take the second dose at least 4 hours before your appointment, even though, if your appointment is for the early morning, this will mean you have to get up earlier.

For colonoscopies scheduled for after 10:00 a.m., take the first dose the evening before the day of your appointment, after 7:00 p.m. Take the second dose 6 hours before the appointment time, in up to 2 hours.

## RECOMMENDATIONS

You should take extra care in the case of inadequate preparation reported in previous colonoscopies you have had: in this case, you should contact the endoscopy service, where you will undergo an examination to tailor the preparation to your needs.

## DIET

Three days before the test, it is advisable to eat a low-residue diet (avoid fruit and

## SPECIAL CASES

For patients with severe heart conditions, pregnant or breastfeeding women , paediatric patients , elderly patients who have difficulty taking fluids, diabetic patients or patients with chronic kidney failure or people who are on dialysis, a personalised preparation is required. You should consult your general practitioner regarding this .

COLONOSCOPY booked at  
BORGIO TRENTO Hospital: P.Le.  
A. Stefani 1 , 37100 Verona Polo  
Confortini block – 2nd floor  
outpatients – Endoscopy Tel: +39  
0458123993

COLONOSCOPY booked at  
BORGIO ROMA Hospital: P.Le  
L.A Scuro 1 , 37134 Verona 1°  
Floor Edificio Nord (North  
Block) – Stairwell F  
tel.0458124501

vegetables or whole grain foods).You may need to do this for longer if you have constipation, although this will not be necessary for all patients.

## INSTRUCTIONS FOR PREPARATION FOR COLONOSCOPY



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A colonoscopy is an investigative examination that allows the colon, and if necessary, the end section of the ileum, to be viewed. This may be merely diagnostic or associated with other interventions, for example histology test samples, or removal of lesions such as intestinal polyps that are under examination. The intestine can only be explored properly after adequate preparation. Performing a colonoscopy WITHOUT adequate preparation poses the risk of any lesions not being identified (especially if they are small) and having to do the test again.

On the day before the test, you may consume:

- breakfast: tea, chamomile tea, herbal teas with biscuits or non-wholemeal crispbreads.

- Light lunch: meat, fish, eggs, cheese.
- **Dinner: only soup or other fluids sweetened with sugar**

### PREPARATIONS AND HOW TO TAKE THEM

**Make sure that you obtain the preparation a few days in advance.**

The names of the preparations to take in advance are grouped by the volume measure to be taken and are listed in alphabetical order.

Preparation for the test involves taking on of the preparations listed, which can be collected at the pharmacy.

You can choose from various preparations that provide optimum and similar results, provided that the whole preparation is taken, following the instructions as indicated on the product.

In any case, the solution you choose must be finished 4 hours before your appointment time.

Before taking the solution, it is advisable to cool it for a more pleasant taste.

#### TYPES OF PREPARATION

Dilute the preparation according to the instructions found inside the packaging.



#### VERY LOW VOLUME

Half a litre of two different solutions, each to be added to half a litre of water and/or clear liquid.

The product in this category, which can be found at the pharmacy, is:

- PLENVU: contraindicated for patients with phenylketonuria and patients with glucose-6-phosphate dehydrogenase deficiency or favism.



#### LOW VOLUME

Two litres of laxative preparation to be mixed with at least 1 litre of water and/or clear liquid.

The products in this category, which can be found at pharmacy, are: AGPEG-PLUS, CITRAFLEET, products containing magnesium citrate or sodium picosulphate, CLENSIA, LOVOL-ESSE, LOVOLDYL, MOVIPREP, and PICOPREP. These products have specific contraindications: they

are not suitable for patients with kidney or heart failure. Always read the package insert.



#### HIGH VOLUME

four litres of preparation

The products in this category, which can be found at the pharmacy, are: COLIREI, ISOCOLAN, KLEAN PREP, SELG ESSE



The preparation will naturally cause rapid elimination of faeces -- first semi-solid stools and then looser, gradually becoming clearer. The elimination of clear, watery liquid is an indication of good preparation; due to the frequent emptying of the bowels, there may appear redness around the anus, inflammation of haemorrhoids or traces of blood.