

PREPARATION FOR THE COLONOSCOPY EXAMINATION

Colonoscopy is a medical investigation that allows you to examine the surface of the colon. The colon must be empty and clean for the test to give a reliable answer. Before the examination you should follow the diet specified below and take washing solutions in sufficient volumes to ensure proper cleansing.

• BEFORE THE EXAMINATION

An accurate clinical evaluation by your doctor is always necessary before preparing for the exam, especially if you are:

- Over 75 years of age
- Suffering from diseases of the cardiovascular and respiratory system or by renal failure
- Have a pace-maker or defibrillator
- Suffering from diabetes, blood diseases, coagulation and the liver diseases
- Getting therapy with anticoagulants or other antiaggregants (coumadin, sintrom, pradaxa, xarelto, eliquis, lixiana, praxbind, briquie, plavix, tiklid, ibustrin, aggrenor, duoplavin, efiënt.)

In these cases, precautions or variations may be necessary, to be agreed with the doctors. Do not suspend or modify therapy (including cardio aspirin) unless prescribed by a doctor. In some cases it may be useful to perform blood tests (blood count, TP, APTT)

REMEMBER TO BRING THE COMPLETE LIST OF MEDICATIONS YOU ARE TAKING

• DIET

Three days before the exam you must follow a low-fiber diet, therefore:

- **Not allowed:** fruit and vegetables with seeds and peel, wholemeal pasta and bread, whole cereals, hard and fibrous meats, dried fruit
- **Allowed: Non-wholemeal** bread and pasta, potatoes, lean meat, ham, fish, eggs, butter, ice cream, cheese, yogurt, milk, jellies, honey, broth and clear drinks (tea, chamomile tea).
- **Avoid iron and activated carbon-based drugs for at least a week**

The evening before the exam:

- Liquids only (water and clear transparent drinks)

• GENERAL INFORMATION

If you usually take laxatives, do not stop taking them in the days before, the evening before or in the morning of the exam

- Take a shower
- Avoid applying creams of any kind, particularly to the limbs and removing any nail polish, as they may hinder the adhesion of the electrosurgical plate or the positioning of the pulse oximeter.

It is also recommended that you come with a companion who will wait for the end of the exam, as drugs that interfere with your driving ability may be administered even after hours (sedatives, antispasmodics). In some cases it is possible that you will have to stay up to 2-3 hours after the exam before being able to return home.

• THE PREPARATION

Various preparations divided into the following categories are available in the pharmacy:

- High volume macrogol based solutions (4 litres)
- Low volume or ultra-low volume solutions based on macrogol (1-2 litres) plus other drinks.

Your doctor or specialist will be able to advise you on the most suitable preparation for you among these, all of which are effective. In particular, if cleaning was not adequate in previous exams, agree on specific preparation with the Endoscopy Center.

- If suffering from renal failure, dialysis, decompensated heart disease and cirrhosis, pregnancy, prefer high volume solutions.
- If chronic constipation, use of opiate drugs or antidepressants, diabetes, obesity, previous colon resections, evaluate with your doctor the indication for taking laxatives in the days preceding the preparation (e.g. Movicol oral solution 25 ml 2 bags per-day for 5 days)
- If you have difficulty drinking expected volumes, use low-volume preparations
- If you suffer from favism (G6PD deficiency) or phenylketonuria, do not take Moviprep and PLENVU

Dissolve the products in non-carbonated water.

The solutions can be refrigerated to make them more pleasant. The preparations are divided into two doses.

It is taken in divided doses, divided between the day before and the day of the exam (split) or only on the day of the exam (same day). This scheme improves bowel cleansing, makes the test more effective, safe and rapid and reduces the risk of having to repeat the test.

FOR CONSUMING TIMES PLEASE REFER TO THE TABLE AT THE BOTTOM OF THE PAGE

Low volume (1 liter of laxatives + 1 liter of liquids) with MACROGOL

- **PLENVU** (package with DOSE 1: 1 sachet - DOSE 2: sachet A and sachet B)
- 1. Dissolve DOSE 1 in half a liter of water
- 2. Dissolve DOSE 2, sachets A and B, in half a liter of water
- **DOSE 1:** drink SLOWLY over 30 minutes, **followed by at least another half liter of water, tea or chamomile tea**
- **DOSE 2:** drink SLOWLY over 40 minutes (half a glass every 10 minutes), **followed by at least another half liter of water, tea or chamomile tea**

Low Volume (2 liters of laxatives + 1 liter of liquids) with MACROGOL and SIMETICONE

- **CLENSIA** (package with 4 BAGS A – large + 4 BAGS B – small)
- 1. dissolve two bags A (large) + 2 sachets B (small) in one liter of water
- 2. dissolve the remaining two bags A (large) + 2 bags B (small) in an additional liter of water
- **FIRST DOSE:** drink 1 liter of solution in an hour, **followed by half a liter of water, tea or chamomile tea**
- **SECOND DOSE:** drink the remaining liter in an hour, **followed by half a liter of water, tea or chamomile tea**

Low Volume (2 liters of laxatives + 1 liter of liquids) with MACROGOL

- **MOVIPREP** (package with 2 bags A – large + 2 bags B – small)
- Dissolve each bag A + one bag B in one liter of water for a total of 2 liters
- **FIRST DOSE:** drink 1 liter of solution in an hour, followed by half a liter of water, tea or chamomile tea
- **SECOND DOSE:** drink the remaining liter in an hour, followed by half a liter of water, tea or chamomile tea

High Volume (4 liters of laxatives) with MACROGOL and SIMETICONE

- **SELG ESSE** (4 BAGS: dissolve each bag in 1 liter of water for a total of 4 liters)
- **FIRST DOSE:** drink the first 2 liters of solution at a rate of quarter of a liter every quarter of an hour
- **SECOND DOSE:** drink the remaining 2 liters at the rate of quarter of a liter every quarter of an hour

CONSUMING TIMES

Exam booking time	Consuming of the 1st dose	Consuming of the 2nd dose
From 8am to 10am	Between 6pm and 8pm the day before the exam	From 10pm the day before the exam
From 10am to 12pm	Between 8pm and 10pm the day before the exam	The morning of the exam day so as to finish approximately 4 hours before the exam
From 12pm to 15pm	Between 8pm and 10pm the day before the exam	The morning of the exam day so as to finish approximately 4 hours before the exam
From 15pm to 18pm	Between 6am and 8am on the day of the exam	The morning of the exam day so as to finish approximately 4 hours before the exam

ELENCO DI DISTRIBUZIONE

Ai Direttori/Responsabili e Coordinatori delle seguenti strutture, per diffusione al personale coinvolto nell'applicazione (si ricorda che la diffusione alle Strutture Semplici è di competenza della Struttura Complessa di afferenza):

- DIPARTIMENTO CHIRURGICO
- SS GESTIONE FRONT OFFICE
- SS RELAZIONI CON IL PUBBLICO COMUNICAZIONI E UFFICIO STAMPA

⇒ Diffondere in modo tracciabile attraverso una delle seguenti modalità: invio tramite procedura informatica per la gestione documentale; invio tramite mail; lista di distribuzione MOD_{SQ}010; riunione con gli operatori - verbale MOD_{SQ}026

Stesura	Verifica/Approvazione	Emissione
Coordinatore Infermieristico SS Endoscopie digestive ASL CN1 Ravotti Giovanni (Coordinatore del Gruppo di Lavoro)	Ss Endoscopia Digestiva Mondovì GENOVESI Corrado Ss Endoscopia Digestiva Savigliano Dr. VIAZZI Paolo Coord Dipartimento Chirurgico RAMONDETTI Matteo	Direttore Dipartimento Chirurgico Dr. PAZZAIA Toni