

Preparation for colonoscopy

Colonoscopy - an examination that involves inserting a flexible speculum through the rectum and viewing the large intestine from the inside. The examination is performed under general anaesthesia.

General anaesthesia is a shallow anaesthesia that does not require endotracheal tube intubation.

After administering an intravenous anaesthetic, the patient falls asleep for several minutes. At the end of the examination, the patient has time to wake up.

1. Patients with diabetes should discuss treatment modification with their attending physician, GP, or diabetologist because of the potential for dangerous hypoglycaemia.
2. Patients taking anticoagulants and medicines that inhibit platelet aggregation (e.g. Acard) should discuss the treatment with their GP, cardiologist or hypertensive specialist, depending on which doctor has prescribed the medicine.
3. All medications you are taking should be written on the sheet of paper and, along with the completed anaesthesiology questionnaire, should be brought to registration on the day of the examination.
4. On the day of the examination, you can take your other medications without any changes.
5. If you have already had a colonoscopy, please provide the result of the test with any histopathology result, if a specimen was taken.
6. You must bring your blood test results to the examination:
 - morphology, APTT, PT, INR, electrolytes (Na, K), creatinine, fasting glucose (results not older than 30 days),
 - patients with thyroid disease should also provide a TSH result (not older than 3 months),
 - all of the above-mentioned tests can be performed free of charge in the OPEN Poznań premises at the following address: **ul. Kazimierza Wielkiego 24/26 in Poznań.**
7. Please come to the examination with a person who will stay with you for the next 24 hours.
8. You must not drive for 12 hours after anaesthesia.
9. A light diet is recommended after the examination, but only from the time indicated by the anaesthesiologist.
10. The examination will take place in the premises of OPEN Poznań at the following address: **ul. Kazimierza Wielkiego 24/26 in Poznań.**

HOW TO PREPARE FOR THE EXAMINATION

5 days before the examination:

- stop taking iron preparations,
- eliminate stone fruits (grapes, kiwis) from your diet,
- do not consume bread with grains, seeds, poppy seeds or bran,
- do not consume beets, tomatoes and their products.

1 day before the examination date:

- light breakfast: tea, wheat bun,
- 2:00 p.m. -3:00 p.m. - strained broth,
- after 3 p.m. no more food - you can drink water, tea, suck hard candy, eat honey,
- at 3:00 p.m., you can start taking **Eziclen.**

Eziclen is a prescription formulation.

The prescription can be collected in advance from the premises of **OPEN Poznań ul. Kazimierza Wielkiego 24/26 in Poznań**. People living outside of Poznań, for whom visiting Poznań twice would be a problem, can ask their GP for a prescription.

Eziclen can be used in a one- or two-day regimen. A detailed description of the dosage can be found in the product leaflet. If your place of residence is close to Poznań, you may use a two-day preparation. However, if you have a longer distance to Poznań, we recommend that you take the whole medicine one day before the examination.

From the moment of taking the medicine, please do not plan to leave the house (except to get to the examination) because the medicine has a laxative effect and it is a good idea to have a toilet nearby.

Description of use of EZICLEN

1. Once-daily medication

Pour the contents of the medicine bottle into the cup provided, and then add water to the level indicated on the cup. Over the next 30 to 60 minutes, without rushing, drink all the liquid from the cup. Drink 2 more cups of water or clear liquid over the next hour. On this day you can drink tea, coffee without milk and cream, still drinks, strained fruit juices without pulp (except those with red colour), strained soup (without solid elements).

All of the above steps should be repeated for the second dose of medication.

2. Preparation for the examination - a two-day regime

The medication may be taken later (around 6:00 pm), the day before the examination. Pour the contents of the medicine bottle into the cup provided. Add water to the medicine, up to the level of the mark on the cup (0.5 l total). Over the next 30 to 60 minutes, without rushing, drink all the liquid from the cup. Within the next hour, drink 2 more cups (filled to the mark, 1l total) of water or clear liquid (tea, coffee without milk or cream, still drinks, strained fruit juices without pulp (except those red and purple in colour), clear soup (strained soup without solids).

In the morning, on the day of the examination, all of the above should be repeated for the second dose.

On the day of the examination

No food may be consumed until after the examination. Do not drink or eat anything until 6 hours before the scheduled examination time. You can suck on hard candies.

Please arrive at the appointed time at **OPEN Poznań** at the following address **ul. Kazimierza Wielkiego 24/26 in Poznań**.

After the examination

After the examination, you may feel bloating and intestinal cramping caused by air introduced into the intestine during the examination. This sensation disappears after the flatus is evacuated.