

	PREPARATION FOR COLONOSCOPY AND SIGMOIDOSCOPY		

Date:

Time/Hour:

Doctor:

7 days before scheduled examination, stop anticoagulants (e.g.: Sintrom, Xarelto, Warafin, Eliquis, Pradaxa) as well as antiplatelet drugs (e.g. Plavix, Areplex, Acard, Polocard, Aspiryna, Zylt, Efiend, Brylique), after contacting your doctor.

3 days before scheduled examination, do not eat fruit and vegetables with stones or seeds; seeds (linseed, poppy and sunflower seeds, etc.), whole grain or dark bread, carbonated drinks.

3 days before scheduled examination recommended diet: cooked meat and fish, rice, pasta, semi-liquid diet (soups), yogurts, jellies, fruit puddings, tea, still mineral water, any amount of coffee, tea, juices without fruit pulp

Cleansing

The preparation you receive on prescription from your doctor should be taken according to the included instructions.

If the examination is in the morning, before 12:00 PM, drink the preparation in the evening of the previous day. If the examination is scheduled after 12:00 PM, divide the doses of the preparation into 2 portions: drink one in the evening the day before; drink the second on the day of the examination, up to 5 hours before the test. From the moment you start the cleansing, you should no longer eat – water can be consumed.

On the day of the examination under general anesthesia, you must fast for at least 6 hours (no eating) and refrain from drinking for 3 hours.

- If you take antidiabetic medications, consult your primary care physician regarding the discontinuation of medications according to the attached recommendations.
- If you are taking medications prescribed by a cardiologist, consult a cardiologist before the examination due to the need to discontinue certain medications before the examination/anesthesia.

You should **bring the results** of previous colonoscopies and/or additional tests to the examination.