

PREPARATION FOR COLONOSCOPY AND ENTEROSCOPY

Dear Sir/Madam, the information contained in this sheet aims to illustrate the procedures for preparing for the healthcare treatment that has been proposed to you. For the preparation of the exam, it is essential to follow the guidelines listed below and to take the entire preparation as instructed, otherwise the exam may not be performed.

General Recommendations:

- Bring your clinical documentation and any previous tests to give to the doctor.
- Sedation will be administered during the exam, so you will not be able to drive for the next 12 hours. It is recommended to have someone accompany you.
- Wear comfortable clothing.
- The use of internal sanitary pads is not recommended on the day of the exam.
- For patients with stomas (colostomy, ileostomy): It is advisable to bring a replacement pouch for changing the bag.

Special Situations:

- **Chronic Constipation:** It is recommended to take a laxative, such as macrogol (e.g., Movicol, Clin4000, Sanipeg, AGPeg) for the 10 days before the exam. Please note that these products **do not replace** the intestinal preparation.
- **Antiplatelet Therapy:**
 - ✓ A patient taking aspirin should not stop taking the medication before the endoscopic exam.
 - ✓ A patient on other antiplatelet drugs (clopidogrel-Plavix, ticlopidine-Tiklid, ticagrelor-Brilique, prasugrel-Efient) must stop the medication 5 days before the procedure, especially if it is an endoscopic exam involving tissue removal (e.g., polyp removal).
 - ✓ It is recommended to consult with the referring specialist for the correct suspension of these drugs.
- **Oral Anticoagulant Therapy:**
 - ✓ Patients on newer oral anticoagulants (rivaroxaban-Xarelto, apixaban-Eliquis, edoxaban-Lixiana, dabigatran-Pradaxa) should generally stop taking the medication 48 hours before the procedure. If renal function is reduced, a 72-hour suspension may be necessary.
 - ✓ Patients on warfarin-Coumadin should generally stop the medication 5 days before the procedure. Consultation with the referring specialist is advised for the proper suspension of the drug and possible substitution with heparin, which should be stopped 12 hours before the exam.
 - ✓ Patients on acenocoumarol-Sintrom should stop the medication 3 days before the procedure. Consultation with the referring specialist is advised for the proper suspension of the drug and possible substitution with heparin, which should be stopped 12 hours before the exam.
- **Iron and Charcoal-containing Medications:** These should be stopped 3 days before the procedure.

Intestinal Preparation:

Below are proposed low-volume and very-low-volume preparations with sodium picosulfate that provide good intestinal cleansing, as long as the following instructions are strictly adhered to.

Types of Preparations and Dosage Instructions:

The recommended preparation method is "split," i.e., divided into two doses: one in the evening before the exam and the other the morning of the exam. The preparation should be completed approximately three hours before the exam time (for example, for a colonoscopy at 10:00, the preparation should be completed by 7:00). If it is not possible to follow the split-dose schedule, please read the instructions for the specific product carefully.

Diet:

- **3 Days Before the Exam:** Regular diet, increase liquid intake.
- **2 Days Before the Exam:** Regular diet, increase liquid intake.
- **1 Day Before the Exam:** Avoid fruits, vegetables, legumes, and whole foods. Increase liquid intake.
 - Breakfast with coffee.
 - Lunch with broth and/or small pasta.
 - Dinner with semolina or broth, tea, or chamomile.
- **Day of the Exam:** If the exam is scheduled after 12:00, you may have sweetened tea until 7:00.

For patients with constipation, it is recommended to follow a low-residue diet (avoid fruits, vegetables, legumes, and whole foods) during the three days before the exam.

Suggestions for Nausea:

- Slow down the intake of the intestinal preparation.
- It may be helpful to drink the preparation through a straw.
- A prokinetic medication (e.g., domperidone 10 mg or metoclopramide 10 mg) can be taken one hour before starting the preparation, and again one hour before the second dose.

The products are available for purchase at pharmacies with this information.

**PREPARATION USING MACROGOL (LOW VOLUME – 1 LITER)
PLENVU (1L preparation + 1L water)
NOTE: Do not take Plenvu in cases of phenylketonuria or favism.**

The PLENVU package contains:

- **Dose 1:** A single sachet (macrogol 3350 + sodium sulfate + sodium chloride + potassium chloride)
- **Dose 2:** Two separate sachets (A and B), to be used together (macrogol 3350 + sodium sulfate + sodium chloride + potassium chloride + sodium ascorbate + ascorbic acid).

How to Prepare PLENVU Dose 1: pour the contents of Dose 1 into a container that holds at least ½ liter of liquid. Add water to reach ½ liter and mix until the powder is completely dissolved.

How to Prepare PLENVU Dose 2: pour the contents of **sachets A and B (dose 2)** into a container that holds at least ½ liter of liquid. Add water to reach ½ liter and mix until the powder is completely dissolved.

How to Take PLENVU:

Day Before the Exam at 8:00 PM: drink SLOWLY the first dose, in small sips over 30-45 minutes (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile. If you feel nauseous, you can alternate taking the preparation with clear liquids (water, tea, or chamomile). Drink more clear liquids if you feel thirsty.

Morning of the Exam (4 hours before the exam): drink SLOWLY the second dose, in small sips over 30-45 minutes (it is better if it is cold, placed in the fridge after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile.

2 hours before the exam: Stop drinking all liquids.

If the exam is scheduled after 2:00 PM, it is possible to take the entire preparation in the morning of the exam. In this case:

Morning of the Exam at 7:00 AM: drink SLOWLY the first dose, in small sips over 30-45 minutes (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile. If you feel nauseous, you can alternate taking the preparation with clear liquids (water, tea, or chamomile). Drink more clear liquids if you feel thirsty

Morning of the Exam (4 hours before the exam): drink SLOWLY the second dose, in small sips over 30-45 minutes (it is better if it is cold, placed in the fridge after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile.

2 hours before the exam: Stop drinking all liquids.

PREPARATION USING MACROGOL (LOW VOLUME – 2 LITERS) CLENSIA (2L preparation + 1L water)

The CLENSIA package contains:

4 sachets A (macrogol 4000 + sodium sulfate + simethicone) and **4 sachets B** (sodium citrate + citric acid + sodium chloride + potassium chloride) to prepare two liters of solution.

Each liter of solution must be followed by the consumption of ½ liter of water or another clear liquid to complete the preparation.

How to Prepare CLENSIA: pour the contents of **2 sachets A** (large) and **2 sachets B** into a container that holds 1 liter of liquid. Add water to make up to 1 liter and stir until the powder is fully dissolved.

Repeat the same procedure to prepare the second liter of solution.

How to Take CLENSIA:

Day Before the Exam at 8:00 PM: drink SLOWLY the first dose, in small sips over the course of one hour (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile.

Morning of the Exam (4 hours before the exam): drink SLOWLY the second dose, in small sips over the course of one hour (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile.

2 hours before the exam: stop drinking all liquids.

If the exam is scheduled after 2:00 PM, you may take the entire preparation in the morning of the exam:

Morning of the Exam at 7:00 AM: drink SLOWLY the first dose, in small sips over the course of one hour (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile

Note: At least one hour must pass after finishing the first dose before taking the second dose.

Morning of the Exam (4 hours before the exam): drink SLOWLY the second dose, in small sips over the course of one hour (it is better if it is cold, placed in the refrigerator after it has completely dissolved). In the following 30 minutes, drink at least another half-liter of water, tea, or chamomile.

2 hours before the exam: stop drinking all liquids.

**PREPARATION USING SODIUM PICOSULFATE (2 GLASSES OF SOLUTION + 3-4 LITERS OF WATER)
CITRAFLEET or PICOPREP**

NOTE: This product is NOT recommended if you have active chronic inflammatory bowel disease or severe renal impairment.

The CITRAFLEET/PICOPREP package contains:

2 sachets (sodium picosulfate + anhydrous citric acid + magnesium oxide) to prepare **two glasses of solution**. Each glass of solution must be followed by the consumption of about 2 liters of water or other clear liquids to complete the preparation.

How to Prepare Citrafleet/Picoprep: pour the contents of 1 sachet into a glass that holds 150 ml of liquid. Add water to make 150 ml and mix until the powder is completely dissolved.
Repeat for the second dose when needed.

How to Take Citrafleet/Picoprep:

Day Before the Exam at 2:00 PM: drink SLOWLY the first glass of solution, in small sips, in 30 minutes. After 10 minutes, drink **2 liters of water**, tea, or chamomile within the next 2 hours.

Day Before the Exam at 9:00 PM: drink SLOWLY the second glass of solution, in small sips, in 30 minutes. After 10 minutes, drink about **1.5-2 liters** of water, tea, or chamomile within the next 2 hours.

2 hours before the exam: stop drinking all liquids.

If the exam is scheduled after 2:00 PM

Day Before the Exam at 7:00 PM: drink SLOWLY the first glass of solution, in small sips, in 30 minutes. After 10 minutes, drink **2 liters of water**, tea, or chamomile within the next 2 hours.

Morning of the Exam (5 hours before the exam): drink SLOWLY the second glass of solution, in small sips, in 30 minutes. After 10 minutes, drink about 1.5-2 liters of water, tea, or chamomile within the next 2 hours

2 hours before the exam: stop drinking all liquids.