

BEFORE ENTERING THE ROOM IN WHICH THE SCREENING COLONOSCOPY IS TO TAKE PLACE, MAKE SURE YOU HAVE EVERYTHING YOU NEED:

- a valid health insurance card;
- confirmation of issue of an e-Referral (eNapotnica) for the screening colonoscopy from your doctor;
- the questionnaire you have completed with the help of your doctor;
- any previous results and health documentation that explain your health status in more detail;
- the colonoscopy booklet you have received and in which you have entered any questions for the doctor; you may also write down any questions for the gastroenterologist here:

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*Instructions for the
pre-colonoscopy bowel-
cleansing procedure*

Afternoon

(procedures after midday)

For a successful colonoscopy, your bowels must be completely cleansed prior to the procedure. It is very important that you follow these instructions and those of your doctor when preparing for the procedure.

ONE WEEK BEFORE THE COLONOSCOPY

- Make sure you secure your supply of MoviPrep® bowel preparation in good time.
- Check with your doctor to ensure that the preparation is safe for you to take. Adjust your medication regime, but only if advised to do so by your doctor.
- Do not eat wholegrain bread or fruit and vegetables containing seeds (grapes, kiwi, tomatoes), as the pips can lodge temporarily in the bowel walls and impede the procedure.
- Make sure your bowel movements are regular in the week leading up to the colonoscopy.

3 DAYS BEFORE THE COLONOSCOPY

- Do not eat any raw vegetables or fruit, red-peeled fruit or vegetables (e.g. tomato, red pepper, red apple, grapes, etc.), fruits containing seeds (e.g. kiwi, raspberries, etc.), wholegrain flour products, seeds, dried fruit or corn.
- Eat white bread and white flour products, peeled potatoes, lean meat and fish, boiled and peeled vegetables, and compotes.
- Make sure you drink at least 2 litres of fluid a day. The fluids should be clear and without any red colouring (i.e. no beetroot or blueberry juice, etc.).

We recommend that you have someone accompany you to your colonoscopy appointment.

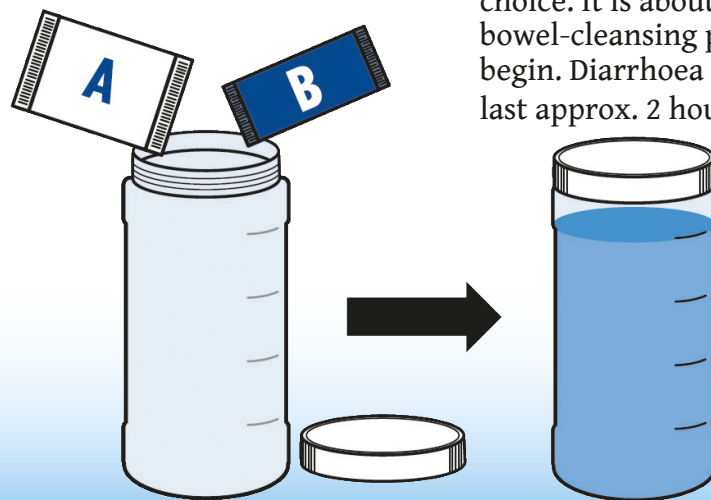
DAY BEFORE THE COLONOSCOPY

- **You may eat your last meal of solid food 24 hours before the colonoscopy.**
- **For this meal, you may eat:** white bread, pastries and pasta made from white flour, thin jam free of pieces of fruit or seeds, honey, lean meat or ham, fish, pudding, pancakes, clear soups and fruit juices, corn and rice flakes, sponge cake, skimmed milk yoghurt, tea and coffee without milk.
- **For this meal, you may not eat:** food containing wholegrain flour or bran, muesli, red-coloured food, fruit and vegetables, thick juices.
- **After the last meal, you must not eat any solid food.** You must drink only thin fluids (clear, colourless fruit juices, clear soups, tea and coffee without milk, sports drinks in the recommended quantities), but there is no limit to the quantity. Do not drink any milk, dairy products, thick juices or alcohol.
- **After the last meal of solid food, you must drink 2 litres of Donat Mg[®], which should be at room temperature and without bubbles (open the bottle the day before).**

PREPARING THE MOVIPREP[®] LAXATIVE SOLUTION

MoviPrep[®] is a solution designed to cleanse your bowels prior to a colonoscopy. It comes in the form of a powder from which you make up 2 litres of solution.

The pack contains 2 sets of sachets. There are 2 sachets in each set (sachet A and sachet B). **Mix the contents of one sachet A and one sachet B from the first set with a litre of room-temperature water until the powder dissolves completely.** Prepare the second litre of the solution in the same way. The solution may rest in the fridge or at room temperature for a maximum of 24 hours. We recommend that you cool the solution prior to consumption and use a straw (this makes it more pleasant to drink).



ON THE DAY OF THE PROCEDURE

In the morning, at least one hour before starting to drink the MoviPrep[®] solution, take any medicines you need to take (except for those you may not take because of the procedure). Use as little water as possible.

Begin drinking the first litre of solution 8 hours before the colonoscopy.

Drink 2.5 dl of the solution every 15 minutes. It is important that you drink a full litre in approx. one hour. If you start feeling unwell or feel like vomiting, wait 30 minutes before taking the next dose. Use that time to walk around the house, as walking helps to improve the outcome of the cleansing procedure.

After you have drunk the first litre of solution, drink another half a litre of a clear fluid of your choice. It is about now that the bowel-cleansing procedure will begin. Diarrhoea will appear and last approx. 2 hours.

5 HOURS BEFORE THE COLONOSCOPY

Begin drinking the second litre of solution 5 hours before the colonoscopy.

Drink 2.5 dl of the solution every 15 minutes (i.e. a full litre in approx. one hour). After you have drunk the second litre of solution, drink another half a litre of a clear fluid of your choice. Diarrhoea will reappear and last approx. 2 hours.

After the second litre of solution, you should be passing pure, almost clear liquid, which may be yellowish in colour but will not contain larger pieces of solid matter. If solid matter is present, continue taking Donat Mg[®].

YOU MUST NOT EAT OR DRINK ANYTHING IN THE LAST 3 HOURS BEFORE THE COLONOSCOPY AND UNTIL THE PROCEDURE IS COMPLETED.