

BEFORE YOU LEAVE TO A GASTROENTEROLOGICAL CLINIC, WHERE YOU WILL UNDERGO A COLONOSCOPY FOR SCREENING PURPOSES, CHECK IF YOU HAVE EVERYTHING YOU NEED:

- a valid Slovenian health care insurance card;
- a referral for a colonoscopy for screening purposes, which you have received from general practitioner;
- the questionnaire that you completed with your general practitioner;
- any previous results and medical documentation, which explain your health condition in detail;
- the colonoscopy brochure, where you wrote down your questions for the general practitioner; you can also write down any questions for the gastroenterologist here:

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*Instructions for
colon cleansing before
the colonoscopy*
Morning time
(Colonoscopy scheduled before noon)

In order for the colonoscopy to be successful, your colon must be thoroughly cleansed beforehand. It is very important that you follow these instructions and your general practitioner's instructions during the preparation for the colonoscopy.

**A WEEK BEFORE
THE COLONOSCOPY**

- Obtain MoviPrep (a laxative solution) in time.
- Ask your general practitioner if the medication is safe for you. Adjust the dosage of your medications, but only after consulting your general practitioner.
- Don't eat wholegrain bread and fruit with small seeds (grapes, kiwi, tomatoes – seeds can get temporarily stuck in the colon's walls and obstruct the examination).

We recommend that someone escorts you to your colonoscopy examination.

**THREE DAYS BEFORE
THE COLONOSCOPY**

- Do not eat any raw vegetables, vegetables and fruit with red skin (for example tomatoes, red peppers, red apples, grapes and similar), fruit with seeds (for example kiwi, raspberries and similar), wholegrain flour products, seeds, dried fruits, corn.
- Eat white bread and wheat flour products, peeled potatoes, lean meat and fish, cooked vegetables and compotes.
- Make sure you drink enough liquid (a minimum of 2 litres a day). Liquids should be clear and without red colouring (such as red beet juice, blueberry juice ...).

ONE DAY BEFORE THE COLONOSCOPY

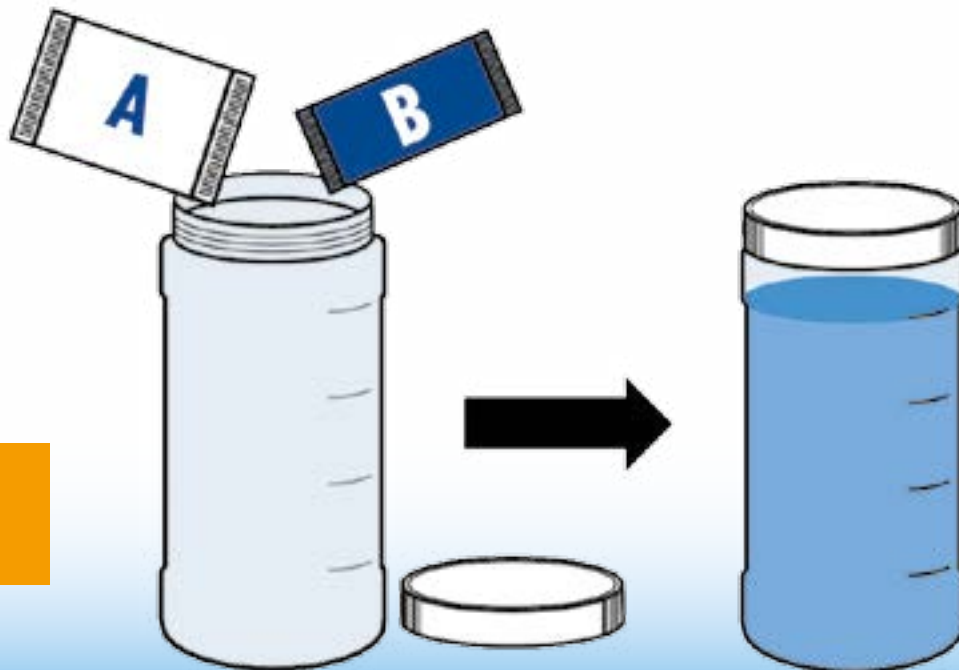
- **You can eat the last meal of solid food 24 hours before the colonoscopy.**
- **This meal can include:** white bread, bread pastry or white-flour pasta, clear jam without any pieces of fruit or seeds, honey, lean meat or ham, fish, pudding, pancakes, clear soups, clear fruit juices, corn and rice cereals, sponge cakes, skimmed yogurt, black coffee and tea.
- **This meal must not include:** wholegrain flour products or bran, muesli, red coloured food, fruit and vegetables, nectars.
- **Do not eat any solid food in the last 24 hours before the colonoscopy.** You can have clear liquids in unlimited quantities (clear, uncoloured fruit juices, clear soups, tea and black coffee, sport drinks in recommended quantities). Do not have any milk or dairy products and nectars.

Drink 2 litres of Donat Mg[®] during the day.

THE EVENING BEFORE THE COLONOSCOPY

START DRINKING MOVIPREP AT 8:00 PM

MoviPrep is a laxative in the form of a powder to clean the colon. It suffices for two litres of a lemon-flavoured drink. Follow the instructions and **drink everything**, in addition to up to one litre of some other liquid (mineral water, water, clear uncoloured fruit juices, black coffee or tea). In the morning, take your usual medications (except those which you had to stop taking due to the colonoscopy), making sure you take them with a minimum amount of water.



HOW TO PREPARE THE LAXATIVE SOLUTION

Start drinking the first litre of solution at 8:00 PM the evening before the colonoscopy.

Consume 2.5 dl of the drink every 15 minutes. It is important that you drink the entire litre in an hours' time. If you feel sick or are about to vomit, drink the next dosage 30 minutes later and walk around your apartment in the meantime. Walking will also help to clean your colon. When you have consumed the first litre of the solution, consume another half-litre of a drink of your choice. At this point, the cleansing of the colon will start and you will get diarrhoea, which will last approximately 2 hours.

Start drinking the second litre of the solution early in the morning on the day of the colonoscopy, 5 hours before it is scheduled.

Drink 2.5 dl every 15 minutes and finish the entire litre in an hour's time. When you have consumed the second litre, consume another half-litre of a clear drink of your choice. You will have diarrhoea once again, which will last approximately 2 hours.

DO NOT EAT OR DRINK ANYTHING ELSE 3 HOURS BEFORE THE COLONOSCOPY AND UNTIL IT IS FINISHED.