

BOWEL PREPARATION INSTRUCTIONS (Standard, high-volume preparation)

During bowel prep and on the day of your colonoscopy, you may continue taking your current treatment (medication for your heart, respiration, blood pressure, circulation, ASA etc.). If you take drugs for diabetes, get some advice from your General Practitioner about any modification of dosage and time schedule. If you take Warfarin (Coumadin), you can assume it, as usual, but you will be requested to show the gastroenterologist a recent determination of International Normalized Ratio (I.N.R.). If you take Eliquis, Lixiana, Pradaxa, or Xarelto, skip the morning dose, Colonoscopy is usually performed with sedation. Sedation will affect your judgment for about 24 hours. **You must be taken home by a responsible adult:** do not drive any type of car, bike or other vehicles.

Emptying the contents of the colon is a key requirement for a successful colonoscopy. If the bowel prep isn't up to par, polyps and lesions can be missed; the colonoscopy may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled, meaning another round of bowel prep. The day before the colonoscopy procedure (if possible, a few days before) start eating a low-fiber diet: no whole grains, nuts, seeds, dried fruit, or raw fruits or vegetables.

Don't eat solid foods during prep; on the evening before, you can have a light meal. **It is allowed drinking extra liquids before, during, and after your bowel prep (usually until 2 hours before the start of your procedure).** Water can get boring, so keep a variety of clear liquids on hand (tea, clear juice, soft drinks, sports drinks, etc.). It may help drinking the preparation solution chilled. You should cope with mild nausea and occasionally vomit.

The standard, high volume, bowel preparation is the most proven, safe and effective. You have to drink 4 l of a polyethylene glycol (PEG)-based solution. This regimen is quite safe also in the setting of cardiac or renal failure (including patients undergoing dialysis). Patients with less than 3 bowel movements/week should choose this type of bowel prep. If at the end of the assumption of the prep, bowel movements are not clear, you can drink a further small amount of prep, or clear liquids. You must complete the bowel prep 2 hours before the start of the colonoscopy.

Different trade preparations are available to prepare a 4 l PEG solution. SELG-ESSE is a PEG-based bowel prep, that contains simethicone, an anti-foaming agent; simethicone decreases the amount of bubbles and makes easier the study of the lining of the bowel.

How to prepare the solution: mix the contents of a sachet of SELG-ESSE in 1 l water and stir until dissolved (total volume: 4 sachets, in 4 l).

When to drink the solution: It depends on the time schedule of your colonoscopy:

Time schedule of your colonoscopy	On the evening before	On the morning of the day of your colonoscopy
8.00-10.00 am	3 l, from 7 to 11 pm	1 l
	Alternatively, drink 4 l from 7 to 11 pm, on the evening before	
10.00 am-1 pm	2 l, from 7 to 11 pm	2 l
after 1 pm		4 l
Bowel cleansing should be completed 2 hours before the start of your colonoscopy		

ALTERNATIVE BOWEL PREPARATIONS: INSTRUCTIONS
(Low and very low-volume preparations)

Alternative, low-volume, bowel preps are indicated for individuals unwilling to drink a large amount of prep or who experienced troubles with standard prep.

Alternative, low and very low-volume preps are not indicated for patients, who have less than 3 bowel movements/week. The standard high-volume prep is the safest in patients with cardiac or renal failure.

General recommendations before colonoscopy are the same for all preparation regimens:

During bowel prep and on the day of your colonoscopy, you may continue taking your current treatment (medication for your heart, respiration, blood pressure, circulation, ASA etc.). If you take drugs for diabetes, get some advice from your General Practitioner about any modification of dosage and time schedule. If you take Warfarin (Coumadin), you can assume it, as usual, but you will be requested to show the gastroenterologist a recent determination of International Normalized Ratio (I.N.R.). If you take Eliquis, Lixiana, Pradaxa, or Xarelto, skip the morning dose. Colonoscopy is usually performed with sedation. Sedation will affect your judgment for about 24 hours. **You must be taken home by a responsible adult:** do not drive any type of car, bike or other vehicles.

Emptying the contents of the colon is a key requirement for a successful colonoscopy. If the bowel prep isn't up to par, polyps and lesions can be missed; the colonoscopy may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled, meaning another round of bowel prep. The day before the colonoscopy procedure (if possible, a few days before) start eating a low-fiber diet: no whole grains, nuts, seeds, dried fruit, or raw fruits or vegetables.

Don't eat solid foods during prep; on the evening before, you can have a light meal. **It is allowed drinking extra liquids before, during, and after your bowel prep (usually until 2 hours before the start of your procedure).** Water can get boring, so keep a variety of clear liquids on hand (tea, clear juice, soft drinks, sports drinks, etc.). It may help drinking the preparation solution chilled. You should cope with mild nausea and occasionally vomit. If at the end of the assumption of the prep, bowel movements are not clear, you can drink further clear liquids.

Recommended alternative preps:

- Low-volume: CLENSIA (2 l PEG plus citrate)
- Very low-volume: PLENVU (1 l PEG plus ascorbate)

Warnings:

- Patients with cardiac and renal failure should refer to their doctors, before taking these kinds of bowel preps. For these patients, standard prep may be safer.
- PLENVU is not indicated in patients with phenylketonuria and favism.

CLENSIA

How to prepare the solution:

CLENSIA: the package contains **4 sachets A (bigger)** e **4 sachets B (smaller)**.

To obtain 1 l solution, mix 2 sachets A and 2 buste B in 1 l water.

When to drink the solution: It depends on the time schedule of your colonoscopy:

Time schedule of your colonoscopy	On the evening before	On the morning of the day of your colonoscopy
Before 1 pm	from 7 to 11 pm, take: 1 l prep plus 1 l water or clear liquids (total amount: 2 l)	1 l prep plus 1 l water or clear liquids (total amount: 2 l)
	Alternatively, if the colonoscopy is scheduled before 10 am: take twice from 7 to 11 pm, on the evening before: 1 l prep plus 1 l water or clear liquids (total amount: 4 l)	
After 1 pm		take twice: 1 l prep plus 1 l water or clear liquids (total amount: 4 l)
Bowel cleansing should be completed 2 hours before the start of your colonoscopy		

ALTERNATIVE BOWEL PREPARATIONS: INSTRUCTIONS
(Low and very low-volume preparations)

PLENVU

How to prepare the solution:

Dose 1: dissolve it in half a liter water; drink it in half an hour; then

Dose 2A+2B. Mix the contents of the two sachets in half a liter water. Drink the solution in half an hour; then drink 1 l water or clear liquids.

When to drink the solution: It depends on the time schedule of your colonoscopy:

Time schedule of your colonoscopy	On the evening before	On the morning of the day of your colonoscopy
Before 1 pm	from 7 pm drink the Dose 1 (in 1/2 l water) in half an hour; then drink 1 l water or clear liquids	Drink Dose 2A+2B (in ½ l water) in half an hour; then drink 1 l water or clear liquids.
	Alternatively, if the colonoscopy is scheduled before 10 am: take from 7 to 11 pm, on the evening before: the Dose 1 (in 1/2 l water) in half an hour and 1 l water or clear liquids then drink Dose 2A+2B (in ½ l water) in half an hour and 1 l water or clear liquids.	
After 1 pm		Drink the Dose 1 (in 1/2 l water) in half an hour; then drink 1 l water or clear liquids Drink Dose 2A+2B (in ½ l water) in half an hour; then drink 1 l water or clear liquids.
Do not reverse the order of doses. Bowel cleansing should be completed 2 hours before the start of your colonoscopy.		