

HOW TO PREPARE FOR COLONOSCOPY?

A successful colonoscopy depends on good bowel preparation. Proper preparation allows the entire intestinal mucosa to be assessed. This is important as significant pathological changes (polyps/adenomas, inflammatory changes, benign and malignant tumours) can be very small.

The safety, complexity and duration of the colonoscopy depend on good bowel preparation. Poor preparation is the most common cause of a failed colonoscopy. A successful colonoscopy is our common goal, which is why we will advise and support you throughout the preparation process.

Preparation starts with minor dietary changes as early as five days before the examination.

This guide will help you prepare for the procedure

in advance. By gradually changing your diet, you will achieve the desired end result – a complete cleansing of your bowels. As an added benefit, successful preparation is an opportunity to “re-start” your digestive system!

The aim of the low-fibre diet is to keep food soft and easily digestible. There are two types of fibre: soluble and insoluble. During the preparation for colonoscopy, the focus is on reducing insoluble fibre, as this type of fibre increases stool volume.

The foundation of good bowel preparation is a low-fibre diet combined with drinking a bowel-cleansing laxative solution.

TIPS FOR A LOW-FIBRE DIET

- **Plan your meals in advance.**
Consciously planning your meals (smoothies and soups) is a great way to think ahead about what to eat each day and which ingredients to use.
- **Don't forget to eat fruit and vegetables.**
At first glance, it may seem that you can only eat white bread, chicken and rice, but canned, frozen and steamed fruit and vegetables are also allowed, as long as they are without peels or seeds.
- **Drink plenty of fluids**
A low-fibre diet can cause constipation, so adequate fluid intake is essential.
- **Keep portion sizes small.**
Eat smaller portions more frequently, especially if you experience bloating. This makes digestion easier and reduces strain on the digestive system. If necessary, you can divide a full meal into two (for example, eat half in the morning and the other half a few hours later).
- **Re-introduce fibre gradually.**
In most cases, a low-fibre diet is a temporary measure. When you start adding fibre back into your diet, do so slowly and increase the amount of fibre gradually to avoid bloating and stomach cramps.

MEDICATIONS AND COLONOSCOPY

Before coming to the examination, please fill in and submit the **HEALTH INFORMATION SHEET** of the healthcare service agreement. This ensures our team is aware of your chronic illnesses, medications and potential allergies in advance. Based on this information, our doctor can determine which medications must temporarily be discontinued. If possible,

bring a list of your medications with dosages to the procedure.

When registering for a colonoscopy, it is particularly important to inform us about the use of blood thinners (e.g. Aspirin, Xarelto, Eliquis, Lixiana, Pradaxa, Plavix, Marevan) so that we can decide whether discontinuation is necessary and safe.

Other medications (such as blood pressure or heart medication) may usually be taken on the morning of the procedure with a small amount of water, but no later than two hours before. The doses of diabetes medications (for example metformin, Diaprel, glimepiride) should be adjusted if necessary. For colonoscopy under anesthesia, the use of weight-loss medications

must be discontinued one week before the procedure.

Please note! Iron supplements and activated charcoal tablets should be discontinued five days before the colonoscopy as they darken the bowel contents and significantly reduce visibility during the examination.

FIVE DAYS before the examination

A LOW-FIBRE DIET

Reduce high-fibre foods in your daily diet. We recommend gradually transitioning, day by day, to a softer low-fibre diet. Suitable options include:

- Broths
- Vegetable and fruit purées and puréed soups
- Seedless yoghurts, smoothies and kissel
- Starchy foods and flour products
- Meat: boiled chicken and fish

✗ NOT ALLOWED:

- **Dried fruits** or fruits with seeds or peels
- **Raw or uncooked vegetables**
- **Vegetables with seeds or peels** (tomato, cabbage, beetroot, lettuce)
- **Berries** (grapes, strawberries, blueberries, kiwi (both dried and canned))
- **Whole grains** (e.g. buckwheat, quinoa, bulgur, wholegrain or brown rice, barley)
- **Wholegrain products** (muesli, wholegrain porridge, wholegrain pasta, wholegrain or seed bread, sepiak)
- **Wholegrain flakes**
- High-fibre breakfast **cereals** (e.g. granola, bran flakes and wheat flakes)
- **Popcorn**
- **Beans and lentils**
- **Mushrooms**
- **Red meat**
- **Brightly coloured sports or soft drinks**
- **Whole nuts or seeds**
- **Crunchy peanut butter**



Please exclude all red-coloured foods (beetroot, tomato, red sports drinks) from your diet, as they can interfere with accurate visualisation of the bowel. We recommend drinking at least 1.5 to 2 litres of water a day.

✓ ALLOWED:

- **Soft fruit without peel or seeds** (ripe banana, melon, persimmon and mango)
- Pured or processed **fruit** without peel or seeds (apple, pear, plum)
- **Peeled vegetables** (e.g. canned vegetables and steamed or boiled pumpkin, potatoes, sweet potatoes)
- **Processed or pureed vegetables** without peel, seeds or skins (cucumber, courgette)
- Clear **broths or soups**
- **White meat** (chicken, turkey) and fish, pork
- **Eggs** (omelettes, scrambled eggs, cakes, desserts)
- Plain soy products, **tofu**
- **Dairy products** (milk, cheese, seedless yoghurt, butter, margarine, plain ice cream)
- **Creamy peanut butter**
- **White rice**
- **Refined wheat flour products** (e.g. Kirde bread, crackers, all kinds of pastries and biscuits NOTE: without seeds)
- **White wheat pasta**
- **Semolina porridge**, rice or millet porridge
- **Plain cornflakes**
- **Jelly, seedless jam**
- **Gummies and hard candies**
- **Chocolate without nuts or raisins**
- **Honey**



THREE DAYS before the examination

A LOW-FIBRE DIET

Continue with the low-fibre diet and still drink at least 1.5-2 litres of water a day.

ONE DAY before the examination

For breakfast, you can have a light low-fibre meal (semolina, millet or rice porridge (without seeds!) with jam, cornflakes, a pastry, an omelette). You can drink coffee or tea with milk or cream. Your last meal (breakfast or lunch) must be no later than 12:00 the day before the procedure.

FAST

After that, you must **fast until the procedure. Throughout the entire day, ONLY clear liquids are allowed:**

- Still or mineral water
- Herbal tea, black coffee
- Clear light broth
- Clear juices without pulp
- Clear carbonated and/or lightly sweetened beverages

You may add a small amount of sugar or honey to herbal tea.

PLEASE NOTE! Alcohol, milk or juices with pulp are prohibited!



IMPORTANT!

- **For colonoscopy with or without anesthesia, the intake of clear liquids must be stopped at least 2 hours before the procedure.**

BOWEL CLEANSING

Prepare the bowel cleansing solution (Picoprep, Moviprep, Eziclen or Citrafleet) according to the instructions provided. The medication is prescribed by our doctor.

We recommend drinking the laxative solution chilled, and you can add a bit of lemon juice to improve the taste. Bowel movements usually begin around one to two hours after drinking the first dose, so we recommend staying in a safe environment near a toilet.

If necessary, you can add a few drops of Espumisan to the solution to reduce gas and bloating.

For the PICOPREP solution:

- The first dose is taken between 16:00 and 18:00 the evening before the procedure
- The second dose is taken the same evening between 21:00 and 23:00.

The interval between doses must be five hours.

After the first dose, you should drink at least 1 glass (250 ml) of clear liquids every hour (water, mineral or flavored water, herbal tea, black coffee), for a total of at least 5 glasses.

After the second dose, you should drink an additional 3 glasses (3 × 250 ml) of clear liquids. Thirst may occur after taking the laxative. To relieve this, you may drink clear fluids (tea, herbal tea, clear juices, flavored water, black coffee).

DAY OF THE PROCEDURE

- Bring a list of your medications with dosages, or the **COMPLETED HEALTHCARE SERVICE AGREEMENT** (if not already submitted).
- **Please arrive at least 30 minutes before the scheduled time.**
- On arrival, go to the reception or call our information number **504 9375**.
- If necessary, a member of our staff will explain the course of the procedure and make sure that the bowel cleansing was adequate.
- We will also sign the **HEALTHCARE SERVICE AGREEMENT** for the examination/procedure.
- Before the examination, you will be accommodated in the ward, where you will be asked to change

into disposable two-piece clothing. A bathrobe will be provided during the procedure.

- The examination takes about 30 to 60 minutes.
- After the examination, you can recover in the recovery room or regular ward. The doctor will inform you of the preliminary results and the further treatment plan if necessary.

Most likely, you will leave with good news, and we will look forward to seeing you again in 10 years' time.

Please note! It is prohibited to drive a motor vehicle for 24 hours after a procedure under anesthesia!

SAMPLE MENU 1

BREAKFAST:

- a glass of **orange or apple juice** without pulp;
- a bowl of **semolina, millet or rice pudding** with butter;
- **toast with soft or hard cheese**;
- **tea or coffee** with cream or milk.

SNACK:

- **banana smoothie**
(a large ripe banana, half a glass of kefir with vitamin D, honey).

LUNCH:

- **chicken fillet with sweet potato purée**
(chicken fillet with crushed onion/garlic and salt, olive oil, an average boiled or steamed sweet potato).

SNACK:

- **jelly from juice** with optional whipped cream, curd or ice cream.

DINNER:

- **rice and shrimp salad**
(1 dl boiled or steamed white rice, 1 dl peeled and boiled shrimps, fresh chopped seedless cucumber, salt).

SAMPLE MENU 2

BREAKFAST:

- a glass of **orange or apple juice** without pulp;
- **omelette with two eggs or boiled eggs**;
- **bread with liver pâté**;
- **tea or coffee** with cream or milk.

SNACK:

- **mango smoothie**
(half a glass of mango puree, half a glass of kefir with vitamin D, honey).

LUNCH:

- **fish fillet with potato puree, boiled potatoes or white rice**
(fish fillet fried in butter, flavoured with lemon juice, 2-3 medium boiled or steamed potatoes, salt).

SNACK:

- **full-fat ice cream** with mango or apple sauce or compote, or peeled and chopped persimmon.

DINNER:

- **creamy chicken pasta**
(2 dl boiled pasta, chicken fillet or minced meat fried with onion or garlic, with added cream). Serve with freshly chopped parsley and grated cheese.



Rule of thumb: during the bowel preparation period, choose foods with less than 1-2 grams of fibre per serving.

We are with you on this journey!

The endoscopy nurses at the Seirekliinik will actively advise you throughout the entire preparation period.



Natalia Lerman
endoscopy nurse, MSC
info@seirekliinik.ee

Seirekliinik OÜ
Ravi tee 4, Haabneeme, Viimsi
info@seirekliinik.ee • 504 9375



Tatjana Jaroševits
endoscopy nurse
info@seirekliinik.ee