

PREPARATION FOR COLONOSCOPY – DIET

14 days before the examination:

- If you are taking medications that affect blood clotting such as Warfarin and other anticoagulants such as (e.g. Pradaxa, Xarelto) and antiplatelet agents (Trombex)... you must inform your and the examining physician about this medication. In the case of a planned therapeutic procedure, Warfarin will need to be discontinued (at least one week) prior to the examination. If you are discontinuing Warfarin, you will be injecting for some time prior to the examination. You must check your blood clotting (INR, Quick) the day before the examination. Do not inject in the morning!

! Please contact us at least one week before the examination to discuss possible discontinuation!

- If you are taking blood sugar-lowering medications (insulin, antidiabetic drugs), consult your diabetes specialist or referring physician about taking these medications around the time of your colonoscopy. - Other medications (e.g. for blood pressure) do not need to be discontinued. On the day of the examination, take the morning dose as usual.

7-10 days before the examination:

- Discontinue iron-containing medications (Ferronate, Sorbifer, Actiferrin, Durules), including iron-containing dietary supplements. These drugs stain the intestinal contents black and make examination completely impossible.

5- 7 days before the examination:

- Avoid foods with high fibre content and indigestible residues (this can clog the working channel of the examination device and complicate the examination).

! Inappropriate food:

- tough, fibrous meat, sausages
- bread with poppy seeds and caraway seeds, wholemeal bread, dark wholemeal bread, crisp bread with higher fibre content, wholemeal rusks, wholemeal flour - fat cakes and cakes, cakes containing dried fruit, nuts, coconut and poppy seeds
- fruits and vegetables that contain small grains (kiwi, tomato, strawberries, grapes) - all nuts and dried fruits - potatoes with skin, raw vegetables
- beans, peas, lentils, brown rice and wholemeal pasta - thick roasted soups - marmalade with skins and pips
- high-fibre breakfast cereals, porridge oats, bran - yoghurt with fruit pieces and yoghurts - fats - butter and margarine - only sparingly
- coffee beans

! Suitable foods (in smaller quantities):

- soft lean meat (fish, minced, well cooked poultry,...)
- potatoes - peeled, boiled, mashed, mashed potatoes
- vegetables cooked until soft without skins
- pasta or white flour noodles, white rice
- white flour pastry
- soft fruit (banana, apple without peel,...)
- clear meat or vegetable broth without solids
- sponge cake, biscuits
- pudding
- boiled egg
- tea and instant coffee (can be sweetened)
- clear fruit drinks (without pulp)
- water

! 2 days before the examination only porridge food!**! 1 day before the examination:**

- liquids only, or clear meat or vegetable broth without solids. Do not eat ANYTHING for dinner, drink only tea or still clear beverages. (For patients suffering from constipation, this phase starts 3 days before the procedure, when thin meat or vegetable broth is best for lunch and dinner.)

! The day of the examination:

- Come in fasting: do not eat, do not smoke before the examination, you can drink small amounts of fluids (water, tea).
- If you request a sedative medication, you must have an escort with you and not drive a car or perform activities requiring full attention.
- Bring the referring doctor's note, a list of medications you are taking, any laboratory results and preferably the informed consent form you have already read/completed.
- During preparation, in addition to your own purging solution, drink plenty of non-carbonated clear liquids (water, tea), it is inappropriate to drink milk, coffee beans or juice (with pulp and colouring liquids!)

