



Scan the code
and see how to
prepare for the
examination.

INFORMATION ON PREPARATION FOR COLONOSCOPY

Seven days before a planned colonoscopy, stop taking iron-containing medicines; people taking anticoagulants (blood thinners) should modify this treatment in consultation with their doctor.

Solid food should be avoided **2 days before** the planned examination. A liquid diet is advisable: vegetable soup in broth - clear liquid only. You can eat kissel and jelly (not red in colour), and drink mineral water, clear fruit juices, tea and black coffee (no grounds and no milk).

You should drink about 3 litres of fluids a day.

The diet excludes solid products such as bread, hardtack, biscuits, meat, cold cuts, dairy products, vegetables, fruit and fizzy drinks. Do not eat fruit or vegetable seeds, flaxseed and poppy seeds.

On the day before the examination, only a liquid breakfast (no milk, raw fruit, vegetables or fizzy drinks) (e.g. light-coloured kissels, no fruit particles) is allowed. Other drinks (e.g. mineral water, tea) can be drunk in any quantity.

In the afternoon, prepare a solution according to the instructions for **Fortrans**, by dissolving each pouch in 1 litre of still water. From the moment you drink the first glass of **Fortrans**, you absolutely must not eat anything. A total of 2 pouches of the product should be taken on this day. To improve the taste of Fortrans, lemon juice squeezed through a sieve can be added. Drink one glass (250ml) of the product in 15 minutes. Water can be drunk in unlimited quantities. The normal response to the medicine should be bowel movements - with liquid content at the end. A bowel movement with clean water indicates good preparation for the examination.

On the day of the examination, two additional pouches of **Fortrans** should be taken in the morning. **Fortrans** solution should be prepared by first dissolving each pouch in 1 litre of still water. On the day of the examination, people with medical conditions that must take medicines constantly and regularly should take their morning dose with a small amount of water.

If the examination takes place early in the morning, both daily portions should be taken the day before the examinations. The patient should come for the examination with a current Hbs result (or confirmation of hepatitis-B vaccination), an identity card and current documentation.

The examination is routinely performed under local anaesthesia. The patient should report to the Registration Desk 15 minutes before the examination.

Patients who are to have the examination performed under general anaesthesia should report to the Admission Room (ground floor, room 4A) at least 30 minutes in advance.

ADDITIONAL REQUIREMENTS FOR EXAMINATIONS UNDER GENERAL ANAESTHESIA:

- do not eat or drink for at least 6 - 8 hours before the anaesthesia is administered;
- patients undergoing anaesthesia must have up-to-date (valid for 2 weeks) blood test results: **sodium, potassium and ECG** (these tests are performed at the local facility; Mon. - Fri. 8:00 a.m. - 11:00 a.m. and Sat. 8:00 a.m. - 10:00 a.m.);
- a certificate from the family doctor/internist about the general state of health, chronic illnesses and medication regularly is required;
- if the patient is undergoing treatment at a specialist clinic (cardiology, endocrinology or other), **a certificate from the relevant specialist** is also required;
- bring all previous medical records;
- patients are discharged after examinations under general anaesthesia **only under the care** of an accompanying person;
- if the examination is to be performed under contract with the National Health Fund, it is necessary to have a referral to the **Hospital's General Surgery Department**.

If you have any questions or concerns, please contact the Registration Desk in person, by telephone (+48 12 204 10 10) or by email (barska@medicina.pl).