



COLONOSCOPY

A **colonoscopy** is an examination of the inside of your large intestine, which includes your colon, rectum and anus. It's a type of endoscopy, which means that it uses an endoscope, a flexible tube with a lighted camera on the end that's inserted into your body. At the "Anteja" diagnostic center, colonoscopy procedures are performed using one of the most modern endoscopes in the world - OLYMPUSEvis X1.

A colonoscopy is performed for:

- ⚡ The diagnosis of colorectal cancer in asymptomatic and at-risk individuals
- ⚡ Detection of pathologies in the colon
- ⚡ Removal of polyps, as well as stopping acute bleeding from the lower gastrointestinal tract

One of the indications for a colonoscopy is blood in the stool, which is often associated with colorectal cancer. However, bleeding can also be a sign of other diseases (haemorrhoids and diverticulitis), as well as various types of colitis or polyps.

How do I prepare for a colonoscopy?

1.

Patients suffering from serious chronic diseases such as hypertension, diabetes mellitus, etc., should first be seen by a general practitioner. In the doctor referral, must be mentioned, main condition, co-morbidities, prescribed treatments.

2.

Tests before the procedure:

Patients should have the following tests conducted at least 10-14 days before the procedure:

1. General blood test
2. Glucose test
3. Potassium test
4. Clotting parameters: Prothrombin time test (SPA/INR) and partial thromboplastin time (PTT)
5. Electrocardiogram

3.

Patients must not eat anything on the day before the procedure. Patients can drink only water or other clear drinks. Oral bowel cleansing preparations (Picoprep, Fortrans or Eziclen) are prescribed to cleanse the colon. The first dose of the sachet should be taken 12 hours, and the second dose 14 hours, on the day before the procedure.

4.

You must not eat or drink on the day of the procedure. The only exception is if the patient is taking the medication because of a chronic illness, which can then be taken in the morning with one sip of water.

5.

General anaesthesia is available for the colonoscopy if the patient prefers, so that the patient does not feel any discomfort.

6.

A colonoscopy takes 15-30 minutes, but it can take around 1 hour in the clinic, because the patient remains asleep for a while after the colonoscopy. The patient cannot drive a car or use other means of transport after the procedure, so arrangements should be made in advance for going home after the procedure.



Diet advice before the colonoscopy



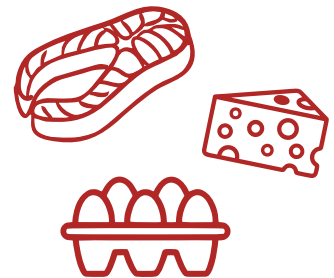
2-3 days before your colonoscopy, nutritionists advise to avoid eating foods that are difficult to digest, could cause bloating and will increase the stool volume such as:

- 🔥 Cereals and groats
- 🔥 Fruit and vegetables
- 🔥 Seeds and nuts
- 🔥 Red and purple foods and drinks



Products you can eat include:

- 🔥 White rice, premium pasta or wheat flour, white bread
- 🔥 Eggs
- 🔥 Potatoes without the skins
- 🔥 Fish fillet or skinless chicken breast
- 🔥 Cheese without caraway seeds or herbs
- 🔥 Vanilla ice cream, sugar or white chocolate without additives



Patients must not eat anything 1 day before the test. Patients can drink only water or other clear fluids, such as:

- 🔥 Tea
- 🔥 Clear soft drinks
- 🔥 Bonbons and jellies without additives
- 🔥 Stock without solids



Do not drink milk and milk products, alcohol, smoothies or unclear juices, as well as red or purple soft drinks, bonbons or jellies.

