

Colonoscopy – Patient Guide

It is in your best interest to follow these instructions!

If you do not follow the preparation instructions exactly, then your bowel will not be clean enough, which will prolong the procedure itself and the doctor may miss some changes in the intestinal mucosa. If the preparation is very poor, you will have to repeat the preparation and the colonoscopy again in a short time.

Read these instructions thoroughly at least one week before the examination!

In case of any doubt, consult the referring doctor.

Drugs:

Before discontinuing the following drugs, first consult with your prescribing doctor to see if it is safe to discontinue them! If you have to take blood thinners for a limited time, consider postponing the colonoscopy until your treatment is finished, after consulting your doctor.

Drug	Procedure
Acetylsalicylic acid (Anopyrin, Acylpirin, Godasal, etc.) Clopidogrel (Trombex, Plavix, etc.)	- discontinuation of acetylsalicylic acid is not necessary. - if you are taking Clopidogrel, consider temporarily switching to acetylsalicylic acid after consulting your prescribing doctor, at least 5 days before the procedure. - if you are taking a combination of these drugs (dual antiplatelet therapy), we require discontinuation of Clopidogrel 5 days before the procedure, but the prescribing doctor must assess the risk of this discontinuation in advance. Often it is better to postpone colonoscopy until the patient no longer needs dual antiplatelet therapy.
Dabigatran (Pradaxa) Rivaroxaban (Xarelto) Apixaban (Eliquis)	discontinue 2 days before the procedure.
Low molecular weight heparin (Fraxiparine, Clexane, etc.)	the last dose should be administered the evening before the procedure. In the case of taking prolonged form of low molecular weight heparin (Fraxiparine Forte, Clexane Forte, etc.), then administer the last dose in the morning the day before the procedure.
Warfarin	discontinue 7 days before the procedure. Take blood tests (INR) the day before the procedure and bring the results with you for examination. In indicated cases it must be replaced with low molecular weight heparin (discontinuation should then follow the instructions above) – consult your prescribing doctor in advance.
Iron-containing drugs (Sorbifer, Aktiferrin, Maltofer, etc.)	discontinue at least 5 days before the procedure.
Blood sugar-lowering drugs (insulin, antidiabetic drugs)	consult their use in the period before the colonoscopy with your diabetologist or general practitioner.
Other drugs (e.g. antihypertensives)	no need to discontinue. On the day of the examination take the morning dose as usual, with a small amount of water.

Diet:

- **5 days before the examination:** avoid foods with large amounts of indigestible residues

suitable



white bread



soft lean meat
(poultry, fish)



yoghurt



fruit puree



mashed potatoes

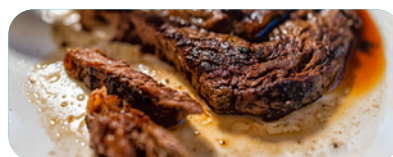


biscuits

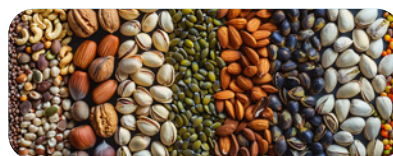
unsuitable



wholemeal bread



solid meat



legumes and nuts



fruit, vegetables



poppy seeds



cereals

The day before the examination:

fluids

- increase your usual daily fluid intake, drink only clear liquids (water, lemonade, fruit juice, tea, coffee).

food

- you can have a light breakfast of white yoghurt or white bread, clear broth for lunch (i.e. without meat and vegetables), then do not eat anything else, continue to drink plenty of clear liquids.

activity

- there is no need to limit physical activity.

Laxatives:

There are a number of emptying preparations for colonoscopy on the market, and if the instructions for their use are followed properly, the resulting effect of the individual preparations is virtually similar. The choice of the preparation thus depends primarily on the patient's preferences (volume, taste, price or additional cost to the patient).

Special instructions:

For patients with severe **kidney disease**, Fortrans is recommended as the safest preparation, its disadvantage is a less tolerated salty taste and a large volume. Fortrans is also recommended in patients **with non-specific intestinal inflammation** and in patients **who failed to prepare for the examination repeatedly**.

If you have a **serious general illness** (especially heart failure, severe kidney disease, diabetes treated with insulin, etc.), always consult your doctor before using a laxative solution.

We recommend taking all the preparations listed below according to the instructions in the so-called **divided regimen** (a part in the evening before the procedure and a part 6 hours before the procedure); in the package leaflets, the undivided preparation (i.e. drinking all the sachets the evening before the procedure) is often stated but it has a demonstrably worse cleansing effect.

Laxative

Procedure

FORTTRANS

Fortrans pack contains
4 sachets of powder

1. **On the day before the examination, in the evening from approximately 6.00 pm**, drink 2 litres of the solution (1 sachet of Fortrans in 1 litre of water), with a drinking rate of approximately **1 litre per hour**.
2. Start drinking the next 2 litres **6 hours before the scheduled examination time**, again at a rate of 1 litre per hour, so that you finish the preparation 4 hours before the examination starts; **do not drink anything else 4 hours before the colonoscopy**.
3. The preparation tastes better chilled and flavoured (e.g. with syrup).
4. Always follow the recommended preparation regimen (even if only clear liquid comes out of the rectum and you have to get up at night) – this preparation method clearly leads to the best results.

PICOPREP

Picoprep pack contains
2 sachets of powder

1. **On the day before the examination, approximately at 6.00 pm**, drink the first dose of Picoprep (dissolve the sachet in 150 ml of cold water and stir for 2–3 minutes before drinking); you must drink at least 1.5 litres (the more the better) of clear liquids in the next hours.
2. **6 hours before the scheduled examination time**, prepare a second dose of Picoprep in the same way and drink it, then drink at least another 1 litre of clear liquids (again, the more the better).
3. **Do not drink anything else 4 hours before the colonoscopy**.

Laxative

MOVIPREP

Moviprep pack contains
4 sachets of powder
– 2 larger sachets A
and 2 smaller sachets B

1. **On the day before the examination**, drink the first dose of Moviprep (dissolve contents of 1 sachet A and 1 sachet B together in 1 litre of water and drink it within 1 to 2 hours) and drink at least another 0.5 litre of clear liquids.
2. **6 hours before the scheduled examination time**, prepare a second dose of Moviprep in the same way and drink it, then drink at least another 0.5 litre of clear liquids (the more the better).
3. **Do not drink anything else 4 hours before the colonoscopy.**

EZICLEN

Eziclen pack contains
2 bottles of liquid

1. **On the day before the examination**, drink the first dose of Eziclen (pour the contents of one bottle into the enclosed measuring cup and add water to a total volume of 0.5 litre); you must drink at least another 1 litre (the more the better) of clear liquids in the next 2 hours.
2. **6 hours before the scheduled examination time**, prepare a second dose of Eziclen in the same way and drink it; then you must drink approximately 1 litre of clear liquids within 2 hours (again, the more the better).
3. **Do not drink anything else 4 hours before the colonoscopy.**

CLENSIA

Clensia pack contains
8 sachets
(4 sachets A – large
+ 4 sachets B – small)

1. **On the day before the examination**, drink the first dose of Clensia (dissolve the contents of 2 sachets A and two sachets B in 1 litre of water), drink the solution within 1 hour, then drink at least 1 litre of clear liquids within the next hour (the more the better).
2. **6 hours before the scheduled examination time**, prepare a second dose of Clensia in the same way and drink it again within 1 hour, then again drink at least 1 litre of clear liquids within the next hour (again, the more the better).
3. **Do not drink anything else 4 hours before the colonoscopy.**

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