



Patient information on endoscopic colonoscopy

During a colonoscopy study, the endoscopy doctor examines the whole of the colon with a special flexible endoscope.

Colonoscopy is an endoscopic diagnosis and treatment for colon diseases.

Reasons for colonoscopy:

1. Effective colon cancer screening method for asymptomatic and at-risk individuals. Colorectal cancer screening for asymptomatic and non-risk individuals should be performed from the age of 50.
2. Diagnostic method for indication of colon pathology.
3. Treatment method for the removal of polyps, suppressing acute bleeding in the lower digestive tract, labelling a tumour, and the like.

Blood stool is one of the indications that colonoscopy should be used. Bleeding may be a sign of haemorrhoids, diverticulosis, inflammatory bowel diseases (such as Crohn's disease, ulcerative colitis), cancer or polyps.

Preparation for a colonoscopy test



1. **Patients with severe chronic diseases** such as diabetes mellitus, hypertonic disease, heart rhythm disorders, etc. **should be examined by a GP before the procedure.** The doctor's appointment (F027/a) must indicate the main concomitant illnesses and treatment applied.



2. Before anesthesia patients must make an **electrocardiogram, perform a general blood test, blood glucose test and other examinations according to indications.**



3. For one day before the test, the **patient should have no meals** and drink only clear liquids (water, mineral water, clear soup) and take **Picoprep** 2 times 1 glass, each with 2 litres of clear liquid or 4 litres of **Fortrans** solution: 4 sachets of medication dissolved in 4 litres of water. This solution should be tak-

en within 4 to 5 hours. Other common therapies (**Eziolen, Moviprep**) may also be used to help intestine cleansing.



4. **On the day of the test, the patient should not eat or drink.** If the patient has to take medication because of a chronic illness, **it can be taken with one sip of water** on the morning of the test day. **If the test is to be carried out in the morning (between 08:00 and 12:00), medicines for preparation should be taken the evening before between 18:00 and 24:00. If the test is carried out in the afternoon (13:00 to 17:00), one dose of the medicine should be taken early in the morning on the day of the test. At least 6 hours must have passed from the morning dose to the test.**



5. The test is performed under general anaesthesia: after an intravenous injection of drugs, the patient falls asleep and does not experience any unpleasant sensations.



6. On the day of the colonoscopy, the patient spends 2 to 3 hours at the Medical Diagnostic and Treatment Centre. The test lasts between 15 minutes and 1 hour, after which the patient continues to sleep for some time. Since the colonoscopy is performed under general anaesthesia, the patient should arrive with an accompanying person as **after the test you cannot drive.**



Meal recommendations when preparing for colonoscopy

2-3 days before the procedure

(for example, if the test is on Monday, start preparing on Friday)



Do not eat:

- seeds,
- nuts,
- cereals,
- red/ violet coloured foods or drinks,
- non-white colored foods,
- fruits or vegetables

Physician's recommendation



You can eat:

- milk, natural yogurt without additives, curd, mayonnaise without herbs, sour cream, cream, butter,
- white bread, white rice, top-grade flour pasta, top-grade wheat flour,
- potatoes without skins,
- skinless chicken breast, skinless white fish fillet, eggs,
- cheese without additives (no caraway, no herbs),
- white chocolate without additives, vanilla ice, sugar.

1 day before procedure

(for example, if the test is on Monday, then from Sunday)



- Do not eat anything or have a light breakfast (e.g. a cooked egg with a slice of white bread or a small dish of rice) before 09:00 in the morning.
- Transparent fluids can be used without limitation.



Do not consume:

- alcoholic beverages,
- milk or dairy products,
- smoothies,
- opaque juices (orange, tomato, multivitamin, grapefruit, etc.), soups,
- red/ purple coloured drinks, ice cream or jelly.



You can consume:

- water,
- tea, coffee without cream or milk,
- transparent soft drinks (except red/ purple coloured),
- apple juice,
- clear broth,
- lollipops without additives (except red/ purple coloured),
- jelly without additives (except red/ purple coloured).



Important!

Contact your doctor immediately if you experience any of the following symptoms within 1-2 days of having your colonoscopy:

- Sudden, severe abdominal pain, cold sweats, nausea, or vomiting;
- A temperature above 37.5 °C or a chill;
- Dizziness, fainting, or diarrhoea with evidence of blood or blood clots.

Medical Diagnostics and Treatment Center



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I-V 7.00 a.m.–8.00 p.m. MRI examinations 7.00 a.m.–9.00 p.m.

VI 8.00 a.m.–3.00 p.m. MRI examinations – 7:00 a.m.-7:00 p.m.

VII 9.00 a.m.–3.00 p.m. Only MRI examinations.



The laboratory closes 30 minutes earlier than indicated.