



PREPARATION FOR COLONOSCOPY AND SIGMOIDOSCOPY

Date:

Time/Hour:

Doctor:

7 days before scheduled examination, stop anticoagulants (e.g.: Sintrom, Acard, Polopiryna, Aspiryn, Ticlo) as well as antiplatelet drugs (e.g. Plavix, Xarelto), after contacting your doctor.

4 days before scheduled examination, do not eat fruit and vegetables with stones or seeds (e.g. tomatoes, cucumbers, kiwi, strawberries, etc.), seeds (linseed, poppy and sunflower seeds, etc.), whole grain or dark bread, carbonated drinks.

Recommended diet: semi-liquid diet, yogurts, jellies, cooked meat and fish, rice, pasta, tea, still mineral water.

Preparing with prescribed preparation: according to the package leaflet or doctor's recommendations.

Important: On the day of examination the patient should bring the results of previous colonoscopies and/or other examinations.

Examination with full anaesthesia: The patient must remain at least 5 hours without drinking anything.