

## **Preparing for colonoscopy (enteroscopy):**

- on the day before the examination, eating is permitted until 10:00.
  - On the evening before the examination, from 17:00 till 21:00, drink a solution of **Fortrans** (dissolve 4 packets of the drug in 4 liters of water), drink a glass of the solution every 10 to 15 minutes) or **Movidprep** (for one liter of the preparation: completely dissolve the contents of sachet A and sachet B in a small quantity of drinking noncarbonated water of room temperature, add water to 1 liter and mix). The second liter of the solution is prepared similarly, by using the remaining sachets A and B. After drinking every one liter of the solution, drink 500 ml of water. The solution should be drunk during the period from 18:00 to 21:00, one glass every 15 minutes).
  - **On the day of the examination, eating and drinking is forbidden.**
  - Discuss any pharmaceuticals prescribed for an existing pathology.
- \*\*\*If you suffer from constipation, take a laxative (e.g., Forlax) at least one week before the examination.**

**Start a low-residue diet five days before the examination.** A low-residue diet **completely excludes** any products rich in fiber or causing fermentation in the intestines, as well as those containing any seeds or kernels.

**1. Any fresh vegetables, mushrooms, fresh herbs and root crops.** Stop eating boiled and ground vegetables three days before the procedure. Cabbage in any form is forbidden.

**2. All fresh fruits and berries, nuts and seeds.**

**3. Beans: shell beans, peas, soy etc.** 4. Roughly ground cereals: corn, buckwheat, barley, wheat, pearl-barley, brown rice, oat etc. 5. Rye and bran bread. Intake of white bread, rolls and buns shall be limited one day before the procedure. 6. Whole milk and dairy. 7. Any roasted meals with crust. 8. Preserves, smoked foods, pickled foods. 9. Very spicy and salty foods. 10. Kvas, beer and wine. 12. Fatty and stringy meats, cured fat, sausages.

### **You can eat:**

Low-fat broths made with meat, fish and vegetables.

Juices (with the exception of grape juice and plum juice), compotes without pulp, kissel, mineral water, coffee, tea. Fermented milk products, low-fat farm cheese, cheese. Boiled low-fat meet, fish and poultry. Butter, any culinary vegetable oils, mayonnaise.

Noodle products made of rice and fine-grain wheat. Semolina. Eggs, preferably, soft-boiled or in the form of a steamed omelet. Biscuits (with no fruit filling), crackers, rolls and buns with no sesame or poppy seeds, dry biscuits made of white bread.

Sweets without any hard fruit supplements -- jells, honey or sugar

***!!! To ensure high quality and safety of any colonoscopy examination (gastroscopy, colonoscopy, bronchoscopy, both with and without anesthesia), the most recent eating or drinking shall be no sooner than 8 hours before the examination. Outdated analysis reports and absence of any reports may result in cancellation of a planned hospitalization and refusal to administer anesthesia and perform polypectomy.***