



Colonoscopy Preparation Instructions (evening examination 3 litres fluids)

2 Days Prior:

- ✓ Avoid raw fruits and vegetables, whole wheat or high fiber foods. Examples of a low fiber diet include (but not limited to): white bread, white rice, pasta, fish, chicken, eggs, creamy peanut butter, cooked/steamed/boiled vegetables, milk, plain yogurt and cheese.

1 day before your appointment

- ✓ You are advised that you may need to take the afternoon off work on this day.
- ✓ You should expect frequent bowel actions starting within 3 hours of starting your bowel preparation. Some abdominal cramping is normal, stay within easy reach of the toilet.

Diet List

No milk in any form (small quantity is allowed).

Foods you can eat

Meat: lean meat for example chicken, turkey, beef, ham and rabbit.

Fish: white fish only (do not fry).

Eggs: boiled, poached or scrambled only – no milk to be used.

Vegetables: No Vegetables other than potatoes boiled or mashed only – no milk to be used.

Cereals: white rice and pasta, boiled only – no wholemeal varieties.

Bread: white bread and white bread rolls only.

Other: plain jelly, rich tea biscuits, honey, golden syrup, white sugar, artificial sweeteners, boiled sweets and salt.

Clear Fluids: Black tea or coffee, fruit squash (not real fruit juice), marmite, oxo, Bovril, soda water, water, flavoured water, herbal/fruit teas.

Day before the procedure

Have a good breakfast, (no fruits and vegetables, whole wheat or high fiber foods).

Have a light lunch taken from the diet list.

At about 4 pm start your bowel preparations as follows: The administration is divided between the evening before the procedure and the morning of the day of the procedure.

Begin the first part of the plan (first bottle).

- 1)Open the childproof bottle by pressing down on the lid and twisting anti-clockwise.
- 2)Pour the contents of one bottle of Eziclen into the cup.
- 3)Add water to the medicine until the level reaches the line on the cup.
- 4)Take your time (over half an hour to an hour) to drink all the liquid in the cup.
- 5)IMPORTANT: Drink two (2) more cups of water or clear liquid. Each time, fill the cup with water or clear liquid to the line.
- 6)Take your time (over half an hour) to drink all the liquid of each cup.

Steps 1 to 6 should take around 2-3 hours.





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ΕΝΔΟΣΚΟΠΗΣΗ ΠΕΠΤΙΚΟΥ

From the moment of starting taking the Eziclen preparation, do not eat anything; drinking of clear liquids is allowed and plain jelly.

On the day of the procedure:

Breakfast, only clear fluids.

Begin the second part of the plan (second bottle) in the early morning, repeat steps 1 to 6 ,

until about 12pm. You are allowed to drink clear fluids only until 3 hours before your

appointment time.

