



## Colonoscopy Preparation Instructions (morning 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 started and completed the evening before the procedure. Begin the first part of the plan (first bottle) in the early evening (i.e. not later than 6 pm). - Begin the second part of the plan (second bottle) about 2-3 hours after starting the first part of the plan (first bottle).

The following steps should be followed for both the first and the second parts of the plan:

- 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:**

Nothing by mouth



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