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|  <p>SERVIZIO SANITARIO REGIONALE EMILIA-ROMAGNA Azienda Unità Sanitaria Locale di Reggio Emilia IRCCS Istituto in tecnologie avanzate e modelli assistenziali in oncologia</p> | FORM | Page 1 to 3 |
| | GENERAL RECOMMENDATIONS FOR BOWEL CLEANSING PRIOR TO COLONOSCOPY | Code MO 35 |
| <p>ONCOLOGY AND ADVANCED TECHNOLOGIES DEPARTMENT GASTROENTEROLOGY - DIGESTIVE ENDOSCOPY</p> | | Rev 00 dated 01/02/2023 |

GENERAL RECOMMENDATIONS FOR BOWEL CLEANSING PRIOR TO COLONOSCOPY

Do not eat fruit with seeds (e.g. kiwis, strawberries, grapes, watermelon) and vegetables (e.g. tomatoes, and salad in general) in the 3 days before the test as these can make the test difficult to perform and less accurate.

When taking the preparation, and up to two hours before the test appointment, you can drink water, tea, chamomile tea and barley drinks, with sugar if you wish.

The day before the test, you can eat but only light dishes (e.g. clear soup). Do not eat anything after you start the preparation.

A sense of nausea or queasiness is normal when taking the product and is not a cause for concern. Simply drink the product more slowly in small sips (it may be more palatable if chilled in the fridge first) and you can improve the flavour by mixing it with other drinks (tea, chamomile tea, etc.).

For significant symptoms, contact your doctor.

It is important to take all of the preparation according to the instructions so that the test can be performed properly; incomplete preparation reduces the accuracy of the colonoscopy and the procedure may have to be repeated.

You must have finished taking the preparation between 2 and 4 hours before the colonoscopy is performed. If, once you have finished the preparation, your stools are not light/yellow and liquid, you can take more preparation or drink other clear liquids.

Below is a list of the available preparations

VERY LOW-VOLUME PREPARATION: **PLENVU** (based on PEG and ascorbic acid)


LOW-VOLUME PREPARATIONS: **CLENSIA** (based on PEG and citric acid), **MOVIPREP** (based on PEG and ascorbic acid)

HIGH-VOLUME PREPARATIONS: **SELG ESSE** (based on polyethyleneglycol-PEG and sodium phosphate)

Important:

- low- and very low-volume preparations are not recommended for constipated patients (less than 3 bowel movements per week)
- patients with severe heart or kidney disease must consult their specialist (to prevent altering the electrolyte balance).

Contraindications:

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PLENVU and MOVIPREP are contraindicated for patients with phenylketonuria (preparation contains phenylalanine) and for patients with glucose-6-phosphate dehydrogenase deficiency, also known as favism (preparation contains ascorbic acid/ascorbate).

PLENVU

How to take the preparation:

Take Dose 1 (drink in half an hour dissolved in half a litre of water) and then drink half a litre of water

After an hour, drink Dose 2A + 2B (dissolved in half a litre of water) and then drink half a litre of water

When to take the preparation (recommended times)

TIME of colonoscopy 8 am to 2 pm

Evening before the test

From 7 pm to 8 pm, drink Dose 1 of PLENVU over a 30-minute period dissolved in half a litre of water, then drink half a litre of water

Morning of the test

From 5.30 am to 6.30 am, drink Dose 2 of PLENVU over a 30-minute period (dissolve the contents of Dose 2A and Dose 2B together in half a litre of water) and then drink 1 litre of water

TIME of colonoscopy After 2 pm

Morning of the test

At 7.00 am, drink Dose 1 of PLENVU over a 30-minute period (dissolve the contents of Dose 1 in half a litre of water) and then drink half a litre of water

At 8.00 am, drink Dose 2 of PLENVU over a 30-minute period (dissolve the contents of Dose 2A and Dose 2B together in half a litre of water) and then drink 1 litre of water


N.B: DO NOT INVERT the sequence of doses; first take Dose 1 then Dose 2A+2B.

CLENSIA AND MOVIPREP

How to take the preparation

Clensia: the packet contains 4 sachets marked A (large) and 4 sachets marked B (small). Two A sachets and 2 B sachets should be diluted in 1 litre of water and consumed over a 1-hour period.

Moviprep: the packet contains 2 transparent sachets, each containing a large sachet marked A and a small sachet marked B. To obtain 1 litre of Moviprep, dissolve one A sachet and one B sachet in 1 litre of water until completely dissolved (clear solution). The solution should be consumed over a 1-hour period.

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When to take the preparation (recommended times)

Time of colonoscopy 8 am to 10 am

Evening before the test: 1 litre of preparation from 8 pm to 9 pm followed by half a litre of water

Morning of the test: 1 litre of preparation from 5.30 am to 6.30 am followed by half a litre of water

Time of colonoscopy 10 am to 2 pm

Evening before the test: 1 litre of preparation from 8 pm to 9 pm followed by half a litre of water

Morning of the test: 1 litre of preparation from 6 am to 7 am followed by half a litre of water

Time of colonoscopy after 2 pm

Morning of the test: 2 litres of preparation from 8.00 am to 10.00 am followed by 1 litre of water

SELG ESSE (based on polyethyleneglycol-PEG and sodium phosphate)

How to take the preparation: dissolve each of the 4 Selg sachets in 1 litre of non-carbonated water (or clear liquid)

When to take the preparation (recommended times)

Time of colonoscopy 8 am to 10 am

Evening before the test: 3 litres from 7 pm to 10 pm

Morning of the test: 1 litre from 5.30 am to 6.30 am

Time of colonoscopy 10 am to 2 pm

Evening before the test: 2 litres from 7 pm to 9 pm

Morning of the test: 2 litres from 5.30 am to 7.30 am

Time of colonoscopy After 2 pm

Morning of the test: 4 litres from 7.00 am to 11.00 am