

Colonoscopy

Information for Patients

Colonoscopy is an endoscopic examination of the gastrointestinal tract. It may be diagnostic or therapeutic. It requires special preparation – clearing of the intestine from residual food content.

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Colonoscopy – what kind of examination is it?

Colonoscopy is an examination performed if the patient is suspected to have lesions in the large intestine. It is performed on a preventive basis in individuals over 50 years of age to detect precancerous or early-phase colorectal cancer.

Perform a colonoscopy

Colonoscopy is an examination of the lower gastrointestinal tract; it involves examining the inside of the large intestine. It is carried out using special equipment called colonoscope. It is a flexible video camera with a diameter of about 10 mm, which is introduced through the rectum. The recorded image is sent to the monitor. During colonoscopy, a specimen of the mucous membrane of the large intestine (so-called biopsy) may be collected and then transferred for histopathological examination. Minor procedures may also be performed, such as the removal of polyps, dilation of intestinal stenosis or blockage of bleeding from the lower gastrointestinal tract. Therefore, there are two types of colonoscopy – diagnostic colonoscopy and therapeutic colonoscopy, during which procedures are performed.

What are the indications for colonoscopy?

Indications for diagnostic colonoscopy include, among others:

- suspected polyps or colorectal cancer,
- suspected malabsorption,
- suspected inflammatory bowel disease – ulcerative colitis or Crohn's disease,
- severe diarrhoea of unclear aetiology,
- sudden unexplained other causes of weight loss,
- iron deficiency anemia of unknown cause.

It should be remembered that colonoscopy is a screening examination performed among the general population over the age of 50 as part of colon cancer prophylaxis. On the other hand, therapeutic colonoscopy allows physicians to perform procedures such as widening of strictures, removal of single polyps (so-called polypectomy) or foreign bodies, inhibition of lower gastrointestinal bleeding, and decompression of acute colonic pseudo-obstruction.

What are the contraindications to colonoscopy?

Absolute contraindications to colonoscopy include acute abdominal conditions, such as peritonitis, intestinal perforation, acute diverticulitis. In addition, relative contraindications (considered individually by a physician) also include pregnancy (II and III trimester), symptomatic abdominal aortic aneurysm, severe coagulation disorders, as well as exacerbation of chronic conditions, e.g. respiratory failure or heart failure. Your doctor will decide on the final decision whether to perform the examination.

Which physician should be contacted in order to get a referral?

If there are indications (the Patient has signs/symptoms or a positive family history) for colonoscopy, he/she is referred for an examination by a primary care physician, general practitioner or another specialist, e.g. gastroenterologist. Individuals aged 50-65 years (regardless of their family history and if they have no signs/symptoms suggestive of colorectal cancer) may make a prophylactic appointment for colonoscopy as part of colorectal cancer screening every 10 years. Also, people aged 40-49 years may make a prophylactic appointment for colonoscopy as part of colorectal cancer screening if, in addition to the absence of signs/symptoms, they have a positive family history of colorectal cancer in a first-degree relative.

The Patient who is about to undergo colonoscopy should take with him/her an ID card, recent laboratory test and imaging examination results (ultrasound, X-rays, previous endoscopic examinations), as well as medical records (previous hospitalisations, procedures).

If the procedure is not urgent, it is recommended to undergo a full course of vaccination against hepatitis B before the planned colonoscopy.

How is colonoscopy performed?

Diagnostic colonoscopy lasts about 30 minutes and usually does not require general anaesthesia.

If it is necessary to extend the examination scope, the duration extends to 40 minutes. Colonoscopy is performed with the Patient lying on their side, with legs bent at the knees. The position can be changed to better visualise the intestine. Gas is pushed into the intestinal lumen during examination. This allows the intestine to widen, making it easier for a colonoscope to be inserted and facilitating observation of the mucosa. Colonoscopy may cause the Patient some discomfort and be associated with pain that triggers a reflex constriction of the intestine. If a constriction is strong, the examination may be performed under short-term anaesthesia.

After the examination, the Patient

- needs to remain in the facility for about 2 hours,
- if anaesthesia has been performed, the Patient must not drive for 12 hours.

It is good to ensure that someone accompanies the Patient on the way from the facility to home.

What are possible complications?

Complications of diagnostic colonoscopy such as increased bleeding or perforation of the intestinal wall occur very rarely, more frequently in the elderly, after previous abdominal procedures or in individuals with inflammatory bowel diseases. When it is necessary to remove a polyp during the examination, the risk of bleeding is higher and is about 1%.

Typical complaints that occur after the examination include discomfort, bloating and abdominal cramps, as well as increased flatulence. If you have a prolonged or severe pain or a fever or bleeding develops, you should seek urgent medical advice.

Please sign the informed consent before each colonoscopy.

Preparation of the Patient for colonoscopy depending on the prescribed preparation.

Compliance with the following dietary recommendations and the method of preparation is important for safe and effective performance of the examination.

Depending on the time of scheduled examination and in order to obtain the best possible clearing of the intestine, the meals taken before the first dose of the preparation should be distributed in a way so as to maintain the dosing interval, and start the last dose at least 5 hours before and finish taking it at least 2 hours before the examination without anaesthesia.

If colonoscopy is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the steps described in the PREPARATION USE column should be performed twice on the preceding day of the examination, starting approximately at 4 p.m. and repeated at about 8 p.m.

If colonoscopy is planned before after 6 p.m. both doses of the preparation should be taken on the day of the examination, starting taking the first dose at 8 am.

If the examination is to be performed under anaesthesia, the last dose of the preparation should always be taken at such a time as to stop taking any liquids at least 4 hours before the examination.

YOU MUST NOT EAT

from the time of start of the first dose of laxative until the examination.

It is essential to drink the entire reconstituted solution as instructed.

TAKING MEDICATIONS

Iron preparations should be discontinued 7 days before the examination.

People with diabetes should consult a preparation schedule with a diabetologist.

People taking medicines that reduce blood clotting should consult with their physician if they are to modify their dosing schedule prior to the examination.

People taking regularly medicines other than the ones listed above are advised to take them as instructed, preferably 2 hours before or after taking a laxative.

SEQUELAE OF PREPARATION USE

If nausea occurs, the pace of drinking the preparation should be slowed.

The correct response to the preparation will be immediate, frequent bowel movements, which will involve liquid, clear and yellow contents at the end.

Bowel movements after the second dose are less intense.

FORTRANS

DIET	PREPARATION USE
4 days before the examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> bread with grains, fruit with seeds (e.g. grapes, tomatoes, kiwis, strawberries), linseed seeds, poppy seeds, sesame, beetroot. 	without Fortrans
2 days before examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> fatty meat and cold meats, raw vegetables, peas, beans, various types of groats, dark bread. <p>You can eat the following:</p> <ul style="list-style-type: none"> white bread, lean cold meat, eggs, boiled fish or chicken meat, rice, fine pasta, boiled potatoes, mixed soup, broth with fine pasta, <p>You can drink coffee, tea, juices (without pulp), still mineral water, fruit teas.</p>	without Fortrans
1 day before examination date	
<p>Light breakfast:</p> <ul style="list-style-type: none"> white bread (bun or two bread slices), egg, cold meat, coffee, tea; clear juice, still mineral water. <p>Approx. 3 hours before preparation use: Kissel or jelly without fruit.</p> <p>Until the examination: You can suck on boiled sweets, drink a large amount of still water.</p> <p>YOU CAN'T EAT ANYTHING ANYMORE</p>	<p>About 3 hours after the last meal:</p> <p>Dissolve 2 sachets of Fortrans in 2 litres of still water and drink at a rate of 1 glass every 15 minutes.</p> <p>(1 sachet/1 litre of water)</p> <p>IMPORTANT FOR THE EXAMINATION PLANNED IN THE MORNING</p> <p>If the examination is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the preparation should be used twice, first at approximately at 4 p.m. and then repeated at about 8 p.m.</p>
Examination day	
<p>Non-anaesthetised examination: Up to 2 hours before the examination, you can drink as much still water, tea, clear juices as you want.</p> <p>Anaesthetised examination: Up to 4 hours before the examination, you can drink as much still water, tea, clear juices as you want.</p> <p>You can suck on boiled sweets.</p> <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>Dissolve 2 sachets of Fortrans in 2 litres of still water and drink at a rate of 1 glass every 15 minutes.</p> <p>(1 sachet/1 litre of water)</p> <p>IMPORTANT</p> <p>Non-anaesthetised examination: Start drinking the solution 5 hours before the scheduled examination and finish taking any clear liquids no later than 2 hours before the scheduled examination time.</p> <p>Anaesthetised examination: Start drinking the solution so that the last clear liquids are taken not later than 4 hours before the scheduled examination time.</p>

The taste of Fortrans solution can be improved by cooling the liquid in the fridge or adding lemon juice.

CITRAFLEET

DIET	PREPARATION USE
3 days before examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> fruit with seeds (e.g. grapes, tomatoes, kiwis, strawberries), linseed seeds, poppy seeds, sesame, bread with grains (stones and seeds found in the intestine make the examination difficult) <p>Otherwise, regular diet.</p>	<p>without CitraFleet</p>
1 day before examination date	
<p>Light low-residue breakfast:</p> <ul style="list-style-type: none"> the following can be drunk in any amount: tea, coffee without grounds (black or white), clear juice, stewed fruit, water; the following can be eaten: a bun or a slice of bread with butter, cream cheese, cottage cheese, yellow cheese, hard eggs, cold meats, fish. <p>Approx. 3 hours before preparation use:</p> <ul style="list-style-type: none"> you can eat soup (but not beetroot soup), e.g. strained broth. <p>Until the examination:</p> <ul style="list-style-type: none"> you can suck on boiled sweets; you can also drink clear liquids (water, tea, juice, stewed fruit). <p>YOU CAN'T EAT ANYTHING ANYMORE</p>	<p>About 3 hours after the last meal:</p> <p>Dissolve the contents of 1 sachet in approx. 150 mL (a cup) of still cold water, stirring for 2-3 minutes.</p> <p>You will get a warm, cloudy solution.</p> <p>Allow the solution to cool and drink it immediately.</p> <p><u>Additionally</u>, you should drink 2 litres of non-carbonated liquids (e.g. water, tea, stewed fruit).</p> <p>IMPORTANT FOR THE EXAMINATION PLANNED IN THE MORNING</p> <p>If the examination is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the preparation should be used twice, first at approximately at 4 p.m. and then repeated at about 8 p.m.</p>
Examination day	
<p>Non-anaesthetised examination:</p> <p>Up to 2 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, stewed fruit).</p> <p>Anaesthetised examination:</p> <p>Up to 4 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, stewed fruit). You can suck on boiled sweets.</p> <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>Dissolve the contents of 1 sachet in approx. 150 mL (a cup) of still cold water, stirring for 2-3 minutes.</p> <p>You will get a warm, cloudy solution.</p> <p>Allow the solution to cool and drink it immediately.</p> <p><u>Additionally</u>, you should drink at least 2 litres of non-carbonated liquids (e.g. water, tea, compot).</p> <p>IMPORTANT</p> <p>Non-anaesthetised examination:</p> <p>Start drinking the solution 5 hours before the scheduled examination and finishing taking any clear liquids no later than 2 hours before the scheduled examination time.</p> <p>Anaesthetised examination:</p> <p>Start drinking the solution so that the last clear liquids are taken not later than 4 hours before the scheduled examination time.</p>

EZICLEN

DIET	PREPARATION USE
3 days before examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> fruit with seeds (e.g. grapes, tomatoes, kiwis, strawberries), linseed seeds, poppy seeds, sesame, bread with grains (stones and seeds found in the intestine make the examination difficult). <p>Otherwise, regular diet.</p>	<p>without Eziclen</p>
1 day before examination date	
<p>Light low-residue breakfast:</p> <ul style="list-style-type: none"> the following can be drunk in any amount: tea, coffee without grounds (black or white), clear juice, compot, water; the following can be eaten: a bun or a slice of bread with butter, cheese, hard eggs, a slice of cold meat <p>Approx. 3 hours before preparation use:</p> <ul style="list-style-type: none"> you can eat cream soup or strained broth <p>Until the examination:</p> <ul style="list-style-type: none"> you can suck on boiled sweets; you can also drink clear liquids (water, tea, juice, compot). <p>YOU CAN'T EAT ANYTHING ANYMORE</p>	<p>About 3 hours after the last meal: Pour the contents of 1 bottle into the supplied cup.</p> <p>Make up to the mark with water.</p> <p>Drink the prepared solution without hurrying within 30-60 minutes.</p> <p><u>2 additional</u> cups of still water should be drunk.</p> <p>IMPORTANT FOR THE EXAMINATION PLANNED IN THE MORNING</p> <p>If the examination is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the preparation should be used twice, first at approximately at 4 p.m. and then repeated at about 8 p.m.</p>
Examination day	
<p>Non-anaesthetised examination: Up to 2 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>Anaesthetised examination: Up to 4 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>You can suck on boiled sweets.</p> <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>Pour the contents of 1 bottle into the supplied cup.</p> <p>Fill up to the mark with water.</p> <p>Drink the prepared solution without hurrying within 30-60 minutes.</p> <p><u>2 additional</u> cups of still water should be drunk.</p> <p>IMPORTANT</p> <p>Non-anaesthetised examination: Start drinking the solution 5 hours before the scheduled examination and finish taking any clear liquids no later than 2 hours before the scheduled examination time.</p> <p>Anaesthetised examination: Start drinking the solution so that the last clear liquids are taken not later than 4 hours before the scheduled examination time.</p>

MOVIPREP

DIET	PREPARATION USE
3 days before examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> fruit with seeds (e.g. grapes, tomatoes, kiwis, strawberries), linseed seeds, poppy seeds, sesame, bread with grains (stones and seeds found in the intestine make the examination difficult) <p>Otherwise, regular diet.</p>	<p>without Moviprep</p>
1 day before examination date	
<p>Light low-residue breakfast:</p> <ul style="list-style-type: none"> the following can be drunk in any amount: tea, coffee without grounds (black or white), clear juice, compot, water; the following can be eaten: a bun or a slice of bread with butter, cheese, hard eggs, a slice of cold meat <p>Approx. 3 hours before preparation use:</p> <ul style="list-style-type: none"> you can eat cream soup or strained broth <p>Until the examination:</p> <ul style="list-style-type: none"> you can suck on boiled sweets; you can also drink clear liquids (water, tea, juice, compot). <p>YOU CAN'T EAT ANYTHING ANYMORE</p>	<p>About 3 hours after the last meal: Pour the contents of sachet A and sachet B into the supplied container.</p> <p>Pour water into the container to the upper mark and mix.</p> <p>Drink the solution at a rate of 1 glass every 15 minutes.</p> <p>Drink 2 <u>additional</u> glasses of water during about 30 minutes.</p> <p>IMPORTANT FOR THE EXAMINATION PLANNED IN THE MORNING</p> <p>If the examination is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the preparation should be used twice, first at approximately at 4 p.m. and then repeated at about 8 p.m.</p>
Examination day	
<p>Non-anaesthetised examination: Up to 2 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>Anaesthetised examination: Up to 4 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>You can suck on boiled sweets.</p> <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>Pour the contents of sachet A and sachet B into the supplied container.</p> <p>Pour water into the container to the upper mark and mix.</p> <p>Drink the solution at a rate of 1 glass every 15 minutes.</p> <p>Drink 2 <u>additional</u> glasses of water during about 30 minutes.</p> <p>IMPORTANT</p> <p>Non-anaesthetised examination: Start drinking the solution 5 hours before the scheduled examination and finish taking any clear liquids no later than 2 hours before the scheduled examination time.</p> <p>Anaesthetised examination: Start drinking the solution so that the last clear liquids are taken not later than 4 hours before the scheduled examination time.</p>

CLENSIA

DIET	PREPARATION USE
3 days before examination date	
<p>Do not eat the following:</p> <ul style="list-style-type: none"> fruit with seeds (e.g. grapes, tomatoes, kiwis, strawberries), linseed seeds, poppy seeds, sesame, bread with grains (stones and seeds found in the intestine make the examination difficult) <p>Otherwise, regular diet.</p>	<p>without Clensia</p>
1 day before examination date	
<p>Light low-residue breakfast:</p> <ul style="list-style-type: none"> the following can be drunk in any amount: tea, coffee without grounds (black), clear juice, clear compot, water; the following can be eaten: white bread with no grains with butter, cheese, yellow cheese, hard egg, a slice of cold meat. <p>Approx. 3 hours before preparation use:</p> <ul style="list-style-type: none"> you can eat cream soup or strained broth, with no vegetables or pasta. <p>Until the examination:</p> <ul style="list-style-type: none"> you can suck on boiled sweets; you can also drink clear liquids (water, tea, juice, compot). <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>About 3 hours after the last meal: Dissolve 2 sachets A and 2 sachets B in 1 litre of water and drink the prepared solution within about 1.5 hours (1-2 hours), at a rate of approximately 250 ml every 15-20 minutes.</p> <p>Drink an additional portion of at least 0.5 litres of clear liquid during the evening (water, fruit juice, soft drink, tea, no milk).</p> <p>IMPORTANT FOR THE EXAMINATION PLANNED IN THE MORNING</p> <p>If the examination is planned before 10 a.m. without anesthesia or before 12 p.m. under anesthesia, the preparation should be used twice, first at approximately at 4 p.m. and then repeated at about 8 p.m.</p>
Examination day	
<p>Non-anaesthetised examination: Up to 2 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>Anaesthetised examination: Up to 4 hours before the examination, you can drink clear liquids (water, tea, coffee without grounds, compot).</p> <p>You can suck on boiled sweets.</p> <p>YOU CAN'T EAT ANYTHING UNTIL THE EXAMINATION</p>	<p>Dissolve 2 sachets A and 2 sachets B in 1 litre of water and drink the prepared solution within about 1.5 hours (1-2 hours), at a rate of approximately 250 ml every 15-20 minutes.</p> <p>Drink an additional portion of at least 0.5 litres of clear liquid (water, fruit juice, soft drink, tea, no milk).</p> <p>IMPORTANT</p> <p>Non-anaesthetised examination: Start drinking the solution 5 hours before the scheduled examination and finish taking any clear liquids no later than 2 hours before the scheduled examination time.</p> <p>Anaesthetised examination: Start drinking the solution so that the last clear liquids are taken not later than 4 hours before the scheduled examination time.</p>

Preparation on the basis of guidelines of scientific associations created by the Maria Skłodowska-Curie National Cancer Institute within the framework of the Colorectal Cancer Screening Programme.