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IMPORTANT!

If you are taking drugs that normalize blood pressure, heart rate, etc., you must take them as usual. Taking these drugs is recommended no earlier than 1 hour after the end of taking the drug solution for colonoscopy preparation.

If you are taking blood thinners, inform the endoscopist about this before the investigation.

In case of chronic constipation, an additional intake of laxatives is necessary 3 days before preparation for the study. It is recommended to get prescriptions on choosing a drug from a gastroenterologist.

Diarrhea (liquid stool) is an expected effect in the bowel preparation. An active effect of the morning portion of the drug is 1.5-2 hours after taking, at this time there will be an intense liquid stool, this must be taken into account when calculating the travel time.

It is strictly prohibited to reduce the volume of the solution and liquid.

- It is not allowed to additionally (or instead) perform the procedure of cleansing the colon using enemas!
- Do not take vaseline oil!
- If it is planned to perform investigation under intravenous anesthesia, it is not recommended to drive a car on this day, operate any mechanisms, make important decisions. It is recommended that you will be met and accompanied home.
- Successful completion of colonoscopy with a detailed examination of the colonic mucosa throughout the entire length depends on the quality of preparation for the investigation.



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Recommendations that are extremely important to follow in order to achieve high-quality preparation for the colon investigation

Diet. 2 days before the investigation, it is required to follow a low-fiber content diet (in case of chronic constipation - 3 days before the investigation):

ALLOWED

PROTEIN FOOD:

- eggs, cheese;
- skimmed milk and dairy products;
- boiled lean meat and poultry (except sausage products);
- lean fish;
- pasta (macaroni);
- sugar, honey.

LIQUIDS:

- clear broth;
- tea and coffee (also with milk);
- pulpless juice (transparent or yellow – apple/grape);
- alcohol-free uncoloured drinks, water.

On the day before the investigation, the intake of solid food must be completely excluded after 04:00 p.m., then drink clear liquids in any amount:

in the morning - light breakfast (according to the list of allowed products),
until 04:00 p.m. - lunch (also according to the list of allowed products),
dinner - only allowed liquids (clear broth, tea and coffee (without milk), pulpless juice, water, alcohol-free uncoloured drinks).

On the morning of the investigation day, after completion of the preparation (if intravenous anesthesia or simultaneous gastroduodenoscopy is not expected), it is permitted to drink sweet tea, transparent, colourless or yellow liquids. Intake of all liquids should be stopped no later than 2 hours before the investigation, especially if the investigation is to be performed under intravenous anesthesia (this does not apply to the intake of a drug to prepare for the investigation, which is taken on the morning of the investigation day!).

PROHIBITED

HIGH-FIBER FOOD - PLANT FOOD:

- vegetables, fruits, berries, herbs - in any form;
- bakery products;
- grits, porridge, cereals, beans;
- sesame, nuts, poppy seeds (dried biscuits, buns, etc.), seeds and small grains, as well as products containing pits and grains (bread with cereals and seeds, jam, etc.);
- seaweed, mushrooms.

LIQUIDS:

- alcohol;
- sweet coloured carbonated drinks;
- tan, kumys, kvas;
- any pulpy juices.

General recommendations on drug preparation.

Any of the solutions should be drunk in split portions, small nips (do not drink at one gulp!) - 250 ml (1 glass) every 15 minutes. At the very beginning of taking the drug solution or when taking it quickly in large quantities, nausea and vomiting may occur.

If it is difficult to take the drug solution because of its taste, it can be drunk chilled, through a cocktail straw (sipper), in between the drug intake - drink or wash down the solution with a small amount of water, sweet tea, and also dissolve candy glasses (sweets, candies like "barberry"), honey, lemon, etc. Addition of simethicone to the drug solution facilitates its taste.

While taking the drug, it is recommended to keep physical activity (walk about the apartment, perform circular body movements, squats), it is good to perform self-massage of the abdomen, especially in cases of delayed release of the drug.

An active effect of the drug lasts 1.5-2 hours after taking the morning portion (the effect of the evening portion can last up to 3-4 hours) - at this time there will be an intense liquid stool. At the end of taking the morning portion of the drug, the stool should change to a transparent, colourless and light-yellow liquid, indicating that the patient is ready for the investigation.

Overall, before the investigation, it is necessary to drink, depending on the chosen drug:

Eziklen - 1 liter of solution (500 ml in the evening before the investigation, 500 ml in the morning on the day of the investigation) and 2 liters of permitted liquid (1 liter after each portion of the drug);

Fortrans - 4 liters of solution (2 liters in the evening before the investigation, 2 liters in the morning on the day of the investigation).

Moviprep - 2 liters of solution (1 liter in the evening before the investigation, 1 liter in the morning on the day of the investigation) and 1 liter of permitted liquid (500 ml after each liter of the drug);

If the above dosage is not observed, the intestines will not be completely cleansed and the investigation will not be informative, you will have to prepare and undergo a colonoscopy again!

It is required to bring the results of previous studies!



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