

A **colonoscopy** is an endoscopic examination of the lower part of the digestive tract. The examination makes it possible to diagnose various diseases occurring in the intestine (inflammatory bowel diseases, tumours) and to explain the causes of your complaints (unclear lower abdominal pains, bleeding from the intestine, anaemia). During the procedure, it is possible to take tissue samples for examination, remove polyps, stop bleeding, and, if necessary, expand the narrowed intestinal lumen. The attending physician must **refer you to the examination**.

**Preparation for the examination:**

- medicines containing iron must not be taken for 3–4 days before the examination;
- take your daily medications for blood pressure and heart disease;
- consult your attending physician before using insulin and other diabetes medications;
- follow your attending physician's recommendations when using blood thinners. If possible, bring your INR data. When arriving for the examination, inform the physician conducting the examination about the use of blood thinners;
- it is recommended to eat liquid and low-fat food;
- do not eat beetroot, tomatoes, bell pepper, etc., which will give the intestinal contents a red colour, also do not eat fruits and vegetables containing seeds;
- avoid milk; opaque and red beverages; juices with pulp or precipitation; alcoholic beverages;
- on the day before the examination, follow the physician's instructions for bowel cleansing and take the prescribed laxative according to the scheme provided;
- you can drink during the preparation as needed. Clear liquids (water, tea) are suitable for drinking, sweetened and carbonated drinks (fizzy drinks, mineral water) are allowed.

**During the examination:**

- you will be given disposable clothing;
- if necessary, pain-relieving and sedative drugs will be injected into the vein;
- you will lie on your left side with your knees bent against your chest;
- the colonoscope will be inserted into the intestine through the anus. The lumen of the intestine will be expanded with air, which can cause a feeling of pressure in the abdomen. Due to stretching of the intestine, pain, an unpleasant feeling, and bowel movements may occur;
- depending on your anatomical features, the examination lasts 30–45 minutes. If a treatment procedure must be performed, the examination may last longer.

**After the examination:**

- you may eat and drink immediately, unless the attending physician has prescribed otherwise;
- if drugs with a sedative effect were used during the examination, you must not drive a car on the same day, as the drug reduces reaction speed;
- in case of persistent bloating, we recommend taking simethicone (e.g., Espumisan) or charcoal tablets.

**Possible complications and dangers:**

- complications rarely occur;
- slight bleeding may occur after tissue sampling or treatment. In rare cases, perforation of the intestinal wall occurs, which can usually be treated immediately during the colonoscopy. Surgical treatment may sometimes be necessary;
- if you experience severe pain or bleeding after the procedure, contact the emergency room immediately.

**Examination results:**

- the results of the observational examination will be available as soon as the examination is finished;
- the results of the tissue samples will be made available to your attending physician within 7–14 days.

**If you have any questions or need more information, please consult your attending physician.**