

Colonoscopy or lower endoscopy

Colonoscopy is the most precise and informative diagnostic procedure for thoroughly examining the large intestine from the inside. This method allows physicians to obtain high-quality images to evaluate the intestinal structure, identify pathologies, and perform necessary therapeutic interventions. It provides direct access to the inner surface of the colon, which is essential for the **early detection** of diseases such as **colorectal cancer, polyps, inflammations**, and other serious conditions.

The colonoscopy is performed under **anesthesia**, ensuring maximum patient comfort and a smooth procedure. Mild drowsiness and fatigue may persist after the exam, so it is recommended to avoid driving or engaging in activities requiring heightened attention on the day of the procedure.

Proper preparation for the examination is **crucial** and involves **complete** bowel cleansing to guarantee high accuracy and quality of the investigation. The procedure is performed on an empty stomach; therefore, no food or drink should be consumed on the day before the colonoscopy. These conditions ensure optimal bowel preparation and a safe examination process.

Colonoscopy is usually done on an outpatient basis, and although minor discomfort may occur, the procedure typically does not require a prolonged recovery period.

This is a safe, effective, and reliable diagnostic method that helps detect health issues early and enables timely medical intervention.

Source: <https://feders.lv/pakalpojums/kolonoskopija-apakseja-endoskopija/>

In a case the examination is performed with anesthesia (either gastroscopy or colonoscopy), you should be with a person who will safely assist you to go back to home after the procedure

After the procedure with anesthesia you should avoid driving a car for 24 hours!

Diet before the procedure

The diet 1 week before

Products to avoid **1 week** prior colonoscopy:

- Avoid high fibre, white coloured foods such as pears, cauliflower, onion, high-fibre white bread, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn, etc.
- Avoid all other fruits and vegetables, even in liquid form (ie. smoothies or soup)

- All nuts, seed and legumes, including nut milks
- Red meat
- Fibre supplements (Metamucil, Benefiber, etc.)
- Wholewheat or wholegrain bread, pasta, or cereals

3 days before colonoscopy:

Clear fluids ONLY - If you can hold the liquid up to the light and see through it, and it is clear, then it is permitted.

- Water, Soda water, Lemonade (**avoid reddish and violet drinks! Avoid carbonated drinks!**)
- Non-cloudy juice [no pulp]
- Black tea and coffee
- Clear soups and broths
- Plain jelly
- Clear Gatorade or Hydrolyte
- Clear porridge
- Kefir, yogurt (natural no adds, no colours!)

24 h before the colonoscopy - NO food, only water and cleaning medication is allowed!

How to prepare with PicoPrep

1st PicoPrep: should be taken 10-18h before the colonoscopy

- Mix the contents of one sachet of PicoPrep in 1/2 glass of cold water, stir until dissolved. Drink mixture followed by a glass of clear fluids.
- **After drinking PicoPrep, you should drink 1,5L still water**

2nd PicoPrep: should be taken 6 h before the colonoscopy

- Mix the contents of one sachet of PicoPrep in 1/2 glass of cold water, stir until dissolved. Drink mixture followed by a glass of clear fluids.
- **After drinking PicoPrep, you should drink 1,5L still water**