



INSTRUCTIONS FOR PREPARING FOR THE EXAMINATION – COLONOSCOPY UNDER SEDATION

Dear patient,

You have been scheduled for a colonoscopy or colonoscopy at our institution. The examination will be performed under sedation. The examination under sedation is performed at the patient's request or due to medical indications.

Colonoscopy is an examination in which a specialist doctor examines the entire colon with a special medical device called an endoscope.

Sedation is a procedure used to achieve a state of calm and drowsiness in a patient during a medical procedure.

Before the examination under sedation, we inject active substances into a vein to first calm you down and relieve pain, and then put you to sleep. Due to the medications, you will not have unpleasant memories of the examination, and you will only remember the examination vaguely or not at all.

Complications are rare: there may be a temporary and transient slowing of breathing or heartbeat, and occasionally a transient cessation of spontaneous breathing. Therefore, during sedation, breathing, blood pressure, heart rate and the amount of oxygen in the blood are regularly monitored. If necessary, oxygen is administered via a nasal catheter during the sedation examination.

After the examination under sedation, you will remain under observation for at least another hour, at which time you will receive additional instructions (written and verbal).

You may go home accompanied by an adult. Since the medications used during sedation prolong reaction time even when awake, you should not drive or drink alcohol after the sedation examination.

It is recommended that you take time to rest on the day of the examination and not return to work.

PREPARING FOR THE SEDATION EXAMINATION

Prepare for the examination according to the enclosed instructions. Only a completely cleansed intestine allows for a detailed examination and possible additional procedures.

You will receive a medicine for cleansing the intestines at the pharmacy. Follow the enclosed instructions to prepare the cleansing solution (cleaning instructions are also in the medicine box).

IMPORTANT:

- **For sedation procedures, you must be fasting, which means that you MUST NOT eat or drink (not even a bite or a sip) for 6 hours before the procedure. We also advise against chewing gum.**



- Please leave your jewelry at home and be sure to remove all piercings. Do not wear contact lenses. Wear comfortable clothing and shoes.
- It is imperative that you inform us of any allergies to medications.