

	PATIENT INSTRUCTIONS FOR COLONOSCOPY	Ver.	Rev.	02
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The patient must obtain Magnesium Sulfate (3 sachets, each containing 30g) from the pharmacy and follow these step-by-step instructions:

TWO (2) DAYS BEFORE THE EXAMINATION:

The patient's last meal must be consumed by 8:00 PM, two days before the examination.

ONE (1) DAY BEFORE THE EXAMINATION:

1. At 8:00 AM: Dissolve 1.5 sachets of Magnesium Sulfate in half a glass of cold water and drink it.
2. 30 minutes after consuming the dose, drink 1 glass of cold natural water.
3. **Throughout the day, the patient must consume at least 3 liters of clear liquids.**
4. At 5:00 PM: Dissolve the remaining 1.5 sachets of Magnesium Sulfate in half a glass of cold water and drink it.
5. 30 minutes after consuming the dose, drink 1 glass of cold natural water.
6. **Throughout the evening, the patient must consume at least 3 liters of clear liquids.**

ON THE DAY OF THE EXAMINATION:

Do not consume any food or liquids on the day of the examination.

Arrive at the clinic at the scheduled time.

IMPORTANT NOTES:

1. Liquids Allowed: Only clear, transparent liquids (**NO RED-COLORED LIQUIDS**). Primarily clear broth (this is essential) and other light-colored transparent liquids, natural water, or water with sugar.
2. After consuming Magnesium Sulfate and the specified liquids, patients will experience frequent bowel movements throughout the day until the bowel is completely emptied. Therefore, it is recommended to stay at home the day before the examination.
3. For Patients Taking Blood Thinners: Blood thinners must be **DISCONTINUED** at least 3 days prior to the examination, depending on the type and medical condition. **WARNING:** The discontinuation of blood thinners must always be done **AFTER CONSULTING THE PRESCRIBING PHYSICIAN** and following **THEIR GUIDANCE**. In some cases, the doctor may substitute the blood thinner with another during this period. After the examination, the blood thinner medication regimen will continue as usual.
4. For Patients with Diabetes: **HALVE** the usual medication dose on the day of the examination.
5. For Patients with Hypertension: **DO NOT TAKE** morning medication on the day of the examination. Resume normal medication routine before and after the procedure.
6. Accompaniment: The patient must be accompanied by one person (a family member or relative) on the day of the examination.
7. Other Medications: Medications not mentioned above should **BE TAKEN AS USUAL**, with a small amount of water.
8. **Failure to follow the above preparation procedure in any aspect may result in the cancellation of the examination.**

To schedule this examination at Klinika Kajo, please book an appointment in advance at the reception desk or via the following number:

Mobile: +355 (0) 68 200 30 77

Working Hours: Monday – Friday, 8:00 AM – 6:00 PM