



Important Information Before Your Colonoscopy

Before your colonoscopy appointment is scheduled, it is essential to inform Dr. Theodoros Argyropoulos, M.D., M.Sc., Ph.D., of specific details from your medical history to ensure maximum safety and effectiveness of the procedure.

Information You Must Report

- Please inform the doctor if you:
- Take Sintrom, Plavix, Ticlopidine, Pradaxa, Xarelto, Eliquis, Salospir, or any generics, or non-steroidal anti-inflammatory drugs (NSAIDs).
- Have any known drug allergies.
- Suffer from cardiac, renal, or respiratory conditions.
- Have a metal heart valve.
- Are immunocompromised.
- Have previously required antibiotics before dental or surgical procedures.
- Are pregnant or suspect pregnancy.

Five (5) Days Before the Colonoscopy

- Avoid taking the following:
- Supplements or preparations containing fiber.
- Iron supplements or medications.
- Aspirin and anti-inflammatory drugs.

Three (3) Days Before the Colonoscopy

- Follow a low-residue diet, avoiding:
- Legumes, greens, vegetables, fruits, nuts.
- Whole grains, seed-containing products, sesame.
- Dairy products.

Allowed foods include: coffee or tea without milk, clear juices without pulp, white bread, honey, eggs, lean meat or fish, potatoes, rice, pasta, fruit-free jelly.

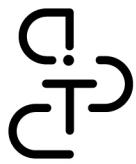
One (1) Day Before the Examination

Follow a clear liquid diet only: coffee, tea, water, apple or grape juice, broth, chamomile, soda, or clear soft drinks. Solid foods are prohibited.

On the same day, you will begin your bowel prep with a laxative as directed by the doctor.

Eziclen Preparation

Eziclen is a hyperosmotic saline solution containing sodium, magnesium, and potassium sulfates. Each package includes two 176 mL bottles.



Use of Eziclen is permitted only with approval from your physician, as it is not suitable for all patients.

- Do NOT use Eziclen if you have:
- Allergy or hypersensitivity to its components.
- Bowel obstruction, perforation, or paralytic ileus.
- Gastroparesis, toxic colitis, or toxic megacolon.
- Vomiting or dehydration.
- Severe heart or kidney failure, ascites.
- Active inflammatory bowel disease (Crohn's or ulcerative colitis).
- Age under 18 years.

Instructions for Taking Eziclen

Prepare the solution according to the enclosed instructions. The time you take it depends on whether your appointment is in the morning or afternoon.

- For a morning appointment:
- First bottle at 18:00 the evening before and second at 22:00 the same night.
- For an afternoon appointment:
- First bottle at 08:00 and second at 11:00 on the day of the exam.

Each 176 mL bottle should be diluted in 500 mL water and consumed. Then drink 2 liters of water immediately after. Repeat the same for the second bottle.

Total: 1 liter of solution and 4 liters of water. You may consume additional clear liquids (water, broth, chamomile). No solid foods allowed.

At the end of preparation, your bowel movements should be completely clear. If still cloudy or yellow, inform Dr. Argyropoulos for further instructions.

On the Day of the Colonoscopy

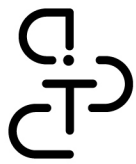
- Do not consume anything by mouth for at least 8 hours before the procedure.
- Avoid even water in the last 4 hours before.
- You may take essential medications with a very small amount of water.

Fortrans Preparation

Fortrans is a commonly used laxative solution, often preferred for patients with known renal or cardiac disease. Correct administration is crucial for a successful procedure.

- Instructions for Fortrans:
- Dissolve 4 sachets (1 per liter of water) and drink a total of 4 liters.
- For morning appointments, begin at 18:00 the day before and finish by 22:00. For afternoon appointments, start at 08:00 and finish by 12:00 on the exam day.
- Drink one glass every 10–15 minutes to avoid nausea and ensure smooth evacuation.
- The goal is to have clear, transparent bowel movements with no residue.

If stool is not fully clear, contact Dr. Argyropoulos for further instructions.



What to Bring With You

- Social Security Number (AMKA)
- National ID
- An escort, as you are not allowed to drive for about 8 hours post-procedure due to sedation.

Important Reminder

Proper bowel preparation is a critical prerequisite for a successful colonoscopy. Being well-informed and cooperating with your doctor ensures accurate diagnosis, safety, and comfort during the examination.

