



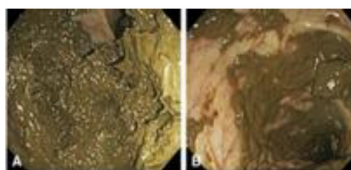
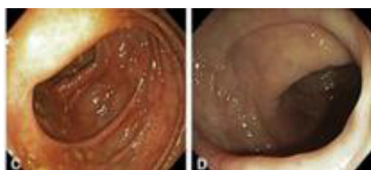
BOWEL PREPARATION FOR COLONOSCOPY with 2 L PEG

with citrate and simethicone plus bisacodyl (PEG-CS, LOVOL-Dyl LOVOL-Esse®)

Dear Sir/ Madam,

a good bowel cleansing is very important for the success of the procedure. If the colon cleansing is not adequate:

- there is a risk of missing pathological findings (e.g. polyps)
- the procedure will be longer and more complex
- the whole process may need to be repeated, with another round of bowel preparation



It is very important you follow instructions as below:

DIETARY INDICATIONS

3 days before colonoscopy start a low fiber diet, with no vegetables, legumes and whole grains (bread, pasta, meat, fish, cheese, eggs are allowed)

It is important to drink at least 1,5 / 2 litres of water per day.

The day before the procedure, follow this diet:


- BREAKFAST: coffee, tea, milk, yogurt, biscuits, crispbread, jam, honey
- LUNCH: broth, broth with pasta, pasta without toppings, semolina soup, yogurt, chicken breast, boiled fish
- DINNER: only clear liquids allowed (vegetal broth, sugared tea, camomile, tisane)

The day of the exam, fasting; no breakfast; you can drink clear liquids till 2 hours before the time of colonoscopy







HOW TO TAKE THE PREPARATION

It has been shown that the intake of the bowel preparation solution in split-doses (that is, the intake of half of the cleansing solution the day before the procedure, and the other half on the morning of the day of colonoscopy) provides higher levels of colon cleansing than the intake of the whole solution the day before colonoscopy.



WHY SPLIT-DOSING:

-  The colon cleansing is better, the examination is more effective and faster
-  The risk of rescheduling the procedure or anticipating follow-up examinations because of inadequate or suboptimal bowel preparation is lower
-  It is better tolerated, as the whole volume of cleansing solution is taken in two different days
-  The intake of the laxative solution starts at the evening, than it does not interfere with your day-work activity

Don't be afraid to have problems of evacuating during the way to the hospital. It is a baseless fear. This risk is very low (about 3% of patients) and it is not significantly higher than in patients taking the whole bowel preparation the day before the procedure.

Please, follow the instructions below for the laxative intake:

The day before the exam:

- **At 5 p.m.**, take 3 tablets of **LOVOLDYL®**
- after that, you can drink clear liquids (water, tea, camomile, ...) as you like
- follow the abovementioned diet instructions for dinner
- **At 9 p.m.**: dissolve 2 sackets of **LOVOLesse®** in 1 Litre of water, and drink 250mL of solution (about 2 glasses) every 15 minutes

The morning of the procedure:

- 3-4 hours before the time of colonoscopy appointment (see time table below), drink the remaining 1 Litre (2 sackets) of LOVOLesse® in about 1 hour

Colonoscopy time:	Time of LovoLesse® intake
8.00 a.m.	5.00 a.m.
9.00 a.m.	6.00 a.m.
10.00 a.m.	7.00 a.m.
11.00 a.m. or later	8.00 a.m. or later



Alternative option for bowel preparation intake (discouraged):

Most patients who followed split-dose regimen did NOT report major problems of tolerance and side effects.

The risk of travel interruption due to bowel movements occurred in less than 5% of patients.

However, if you consider the intake of split-dose regimen too cumbersome, you can take the whole bowel preparation the day before colonoscopy, as below.

The day before the colonoscopy:

- **At 5 p.m.**, take 3 tablets of **LOVOLDYL**[®]
- after that, you can drink clear liquids (water, tea, camomile, ...) as you like
- follow the abovementioned diet instructions for dinner
- **At 7 p.m.**: dissolve 2 sackets of **LOVOLesse**[®] in 1 Litre of water, and drink 250mL of solution (about 2 glasses) every 15 minutes
- **At 9 p.m.**: dissolve 2 sackets of **LOVOLesse**[®] in 1 Litre of water, and drink 250mL of solution (about 2 glasses) every 15 minutes