

Dear Patient,
**It is crucial that your bowels are properly prepared
for your procedure.**

- **Blood Thinners:** If you are taking blood-thinning medications (such as Thrombo ASS, Cardiomagnyl, or Warfarin), you must obtain your doctor's approval to discontinue them 2–3 days before the procedure.
- **Required Tests:** Please bring recent laboratory results (no older than 10 days) for a coagulation profile (blood clotting test) and an ECG.
- **Heart Conditions:** Patients with known cardiac conditions are required to undergo an additional echocardiogram (heart ultrasound) and a consultation with a cardiologist.

"Low-Residue Diet" 4-5 Days Before Your Procedure

- You should switch to a primarily liquid-based diet (e.g., soups). **Avoid the following: fruits and vegetables, leafy greens, nuts and seeds, baked goods with poppy or sesame seeds, and high-fiber products (such as bran, whole grain bread, rye bread, oatmeal, etc.).**
- **What you can eat:** Boiled or stewed meat, fish, and poultry (can be in soups). Grains like white rice, buckwheat, and millet. Pasta (vermicelli, macaroni, spaghetti). Potatoes in soups. Dairy products. **Be sure to eat smaller portions, stay active, and drink plenty of water.**

Do not fast! Fasting can slow down or stop bowel function (peristalsis). However, do not overeat either.

Now it's time for the direct preparation.

For example, if your procedure is scheduled for the 10th, please purchase the Clensia preparation kit from your pharmacy in advance.

"Clensia" 2-Step Preparation:

Step 1: At 6:00 PM the evening before your procedure:

Mix two "A" sachets and two "B" sachets together in 1 liter of water. Drink the entire solution over the next 1-2 hours. You should also drink an additional liter of clear fluids during this time. As soon as you start drinking the solution, begin walking around. Do not sit still. Stay active! Gentle movement like walking or side/forward bends helps the prep work effectively.

Step 2: At 5:00 AM on the morning of your procedure: Repeat the process from Step 1 with the remaining sachets.

Do not eat or drink anything else after completing the preparation. On the day of your procedure, if you need to take your regular medications for blood pressure or hormones, you may take them with a small sip of water. Please wait 30–40 minutes between finishing the prep solution and taking your medication.