

Appendix 1

Leaflet: front and back pages; Leaflet: inner pages

Please return this leaflet on your
colonoscopy day

Check the boxes below as appropriate:

Preparation taken:

- ☐ SELG 1000™ (4 pouches)
- ☐ SELG-ESSE™ (4 pouches)
- ☐ ISOCOLAN 34.8g™ (8 pouches)

Preparation regimen:

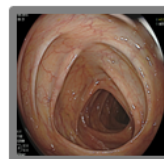
- ☐ Split-prep
- ☐ Full-dose, Day-before prep

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Bowel preparation for colonoscopy

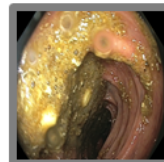
Dear Sir/Madam, You've been scheduled for colonoscopy. Colonoscopy can find cancer and save lives. This leaflet will help you get ready.

Why is it important to get your colon clean for colonoscopy?



Your Doctor needs to have a clear view of your colon in order to do the examination right!

If the colon is clean, the Doctor can inspect your bowel accurately, the procedure is safer and goes faster.



If the colon is dirty, the Doctor may not see important lesions like cancer or polyps. For this reason, your colonoscopy may need to be rescheduled

FOLLOW THESE INSTRUCTIONS before your colonoscopy, and you won't run the risk and inconvenience to be asked to come back and repeat the procedure!



1

1 Dietary instructions

3 and 2 Days before colonoscopy:

Regular diet, but do not eat raw/ uncooked vegetables, fruit with skin or seeds, corn, nuts

1 Day before colonoscopy:

Regular breakfast.

Afterwards, you can have clear liquids (clear broth, bouillon, water, tea, apple juice, chamomile); coffee without cream is allowed.

Colonoscopy day:

Don't eat any food!

You can drink clear liquids up to 2 hours prior to your appointment time.

2 Preparation products

Buy in the Pharmacy one of the below cleansing agents:

- SELG 1000™ (4 pouches)
- SELG-ESSE™ (4 pouches)
- ISOCOLAN 34.8g™ (8 pouches)

Prepare the Bowel Prep:

- Put one pouch of SELG-1000 or SELG-ESSE or two pouches of ISOCOLAN into 1 liter of still water and shake until the powder disappears. Repeat for the other 3 liters.
- Drink 250ml of preparation every 15-20 mins (one liter in one hour).
- Preparation tastes better if it is stored in the fridge
- Do not add ice or sugar or anything else to your prep

3 Please choose ONE of the two below regimens to take your prep

SPLIT-PREP (bowel prep intake divided in two days):

DOSE 1: The evening before colonoscopy, at 6:00PM, start drinking the first part of the prep (2L, or 3L if colonoscopy time is before 10AM)

DOSE 2: On colonoscopy day, starting 4-5 hours prior to colonoscopy, drink the remaining 2L of preparation (or 1L if colonoscopy is before 10AM)

Pros & Cons:



- ✓ **Best way to clean the colon. High chance of a successful bowel prep**

- ✓ Better tolerability
- ✓ Normal work activity on the day of bowel prep



- ✓ Need to wake up in the early morning the day of colonoscopy to take the second part of the prep
- ✓ Small, but minimally increased risk of bowel movements during the travel to endoscopy center

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DAY-BEFORE PREP (Bowel prep taken in a whole):

The evening before the colonoscopy, at 5:00PM, start drinking 2L of preparation over about two hours.

Then, after a rest of about one hour (at about 8:00PM), drink the remaining 2L of solution, so that the bowel preparation can be completed before bedtime

Pros & Cons:



- ✓ Do not need to wake up during the night or in the early morning to complete prep intake
- ✓ Lower risk of bowel movements during the travel to endoscopy center



- ✓ **Higher risk of dirty clean**
- ✓ Worse tolerability (you have to take 4 liters in a whole)

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