

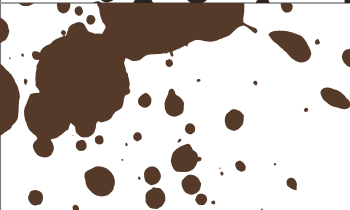

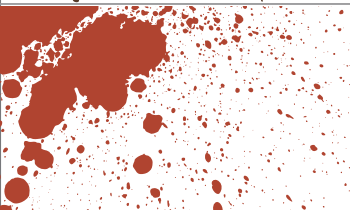

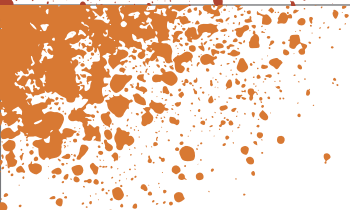

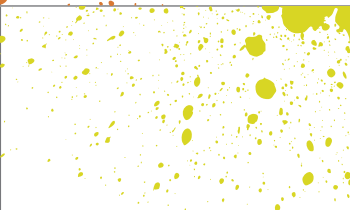
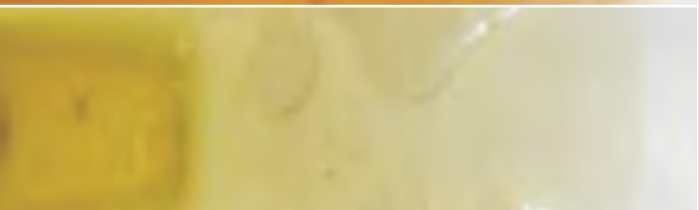


A QUICK GUIDE TO HELP YOUR PATIENTS PREPARE FOR THEIR NEXT COLONOSCOPY

BOWEL PREPARATION READINESS CHART^{1,2}

STOOL COLOR	DESCRIPTION	READINESS	PHOTOGRAPHIC EXAMPLE OF RECTAL EFFLUENT
	Dark, thick, particles	Not ready	
	Brown, thick, particles	Not ready	
	Dark orange, semi-clear	Not ready	
	Light orange, mostly clear	Almost ready	
	Yellow, light, clear	Ready	

Adapted from Bowelprepguide.com and So et al. 2015

HELP YOUR PATIENTS ACCURATELY PREDICT THE QUALITY OF THEIR COLONOSCOPY PREPARATION

VARIABLES PREDICTING QUALITY OF BOWEL CLEANLINESS²⁻⁴

THE FOLLOWING FACTORS CAN LEAD TO SUBOPTIMAL BOWEL PREPARATIONS

Male

Medications[†]

Comorbid condition[‡]

History of inadequate bowel preparation

% of preparation ingested $\leq 90\%$

No liquid diet a day prior

[†] Medications: narcotics, calcium-channel blockers, beta-blockers, oral iron³

[‡] Comorbid diseases: diabetes mellitus, chronic obstructive pulmonary disease, constipation, cerebrovascular accident, colonic diverticulosis, renal disease, obesity^{2,4}

A SUBOPTIMAL PREPARATION CAN RESULT IN:

- A need to repeat the colonoscopy procedure
- Impaired detection of adenomas
- Impaired detection of polyps
- Patients lost to follow-up
- Longer procedural times

Adapted from So et al. 2015, Fatima et al. 2010 and Rex 2014

REMEMBER TO EMPHASIZE THE IMPORTANCE OF PROPERLY PREPARING FOR A COLONOSCOPY, AND BE SURE TO CONFIRM YOUR PATIENT'S MEDICATION AND DISEASE HISTORY.

References: 1. BowelPrepGuide, Patients, How to Tell If Your Bowel is Clean Prior to Colonoscopy. Available at: <https://bowelprepguide.com/how-to-tell-if-your-bowel-is-clean-prior-to-colonoscopy/> (Accessed online on May 25th, 2018). 2. So H et al. Patient descriptions of rectal effluents may help to predict the quality of bowel preparation with photographic examples. *Intest Res.* 2015;13(2):153-9. 3. Fatima H et al. Patients' description of rectal effluent and quality of bowel preparation at colonoscopy. *Gastrointest Endosc.* 2010;71(7):1244-1252.e2. 4. Rex DK. Optimal bowel preparation—a practical guide for clinicians. *Nat Rev Gastroenterol Hepatol.* 2014;11(7):419-25.