

---

## SUPPLEMENTARY MATERIAL (QR CODE)

### APPENDIX 1 - Guidelines for split-dose preparation for colonoscopy

#### Split-Dose Bowel Preparation for Colonoscopy Examination

“You are participating in a hospital study to prepare the intestine for the colonoscopy exam. It is very important that you follow exactly the recommendations we have made so that your exam is a success and we can achieve our goal. Read ALL guidelines carefully.”

Let's get started..

The day before your exam you can consume at lunch and dinner:

only clear liquids and residue-free foods (clear juices, Gatorade, clear broths and soups, teas, soft drinks, powdered juices, strained/sifted natural juices, gelatin, popsicle, candies).

Components that can make up soups:

soups (potatoes, sweet potatoes, parsley potatoes, cassava, yams, pasta), rice, eggs, fish or chicken. Remember to beat in a food processor or blender and sift before ingestion.

THIS IS A FUNDAMENTAL RECOMMENDATION (THE MOST IMPORTANT) Remember to drink a large amount of water throughout the day before the exam — about 2500 mL = 5 bottles of mineral water.

Now the remedies for the preparation of your intestine..

At 8 p.<sup>m</sup> on the day before the exam:

Dissolve 1 sachet of PICOPREP® in 1 glass of ice water or cold clear juice, stir well until all the medicine dissolves, ingest in 15 minutes.

Take one bromopride or plasil tablet after immediate ingestion of the solution with PICOPREP®.

DRINK A LARGE AMOUNT OF FLUIDS AFTER THE FIRST PREPARATION (CLEAR JUICES, ICE WATER).

After 10 pm the day before the exam, don't eat anything else (fasting for food), just drink a large amount of water, always!

At 5:00 a.<sup>m</sup> - the morning before the exam:

Dissolve 1 sachet of PICOPREP® in 1 glass of ice water or cold clear juice, stir well until all the medicine dissolves, ingest in 15 minutes.

Take one tablet of Plasil or Bromopride after immediate ingestion of the solution with PICOPREP®.

INGEST A LARGE AMOUNT OF CLEAR LIQUIDS OR WATER UP TO A MAXIMUM OF 2 HOURS BEFORE THE PROCEDURE.

If the exam is performed in the afternoon (after 12 noon):

At 7:00 a.<sup>m</sup> - on the same morning as the exam:

Dissolve 1 sachet of PICOPREP® in 1 glass of ice water or cold light juice, stir well until all the medicine dissolves, take within 15 minutes;

taking one tablet of Plasil or Bromopride after immediate ingestion of the solution with PICOPREP®;

ON THE MORNING OF THE EXAM, YOU CAN HAVE A CUP OF TEA WITH CRACKERS, WATER AND SALT.

#### ATTENTION!

The preparation will be adequate when the appearance of the stools is clear and liquid only.

Move throughout the day of preparation to keep intestinal transit present, avoid standing still.

Drink large amounts of fluid so as not to dehydrate, as the preparation causes your body to lose large amounts, so it is essential to replace.

Take the nausea and vomiting pills before preparation, they will help you tolerate the preparation better.

Consume only soups processed as directed above in the main meals (lunch and dinner), in your café prefer only teas and crackers, water and salt.

It is important not to eat foods rich in fiber, as they reduce intestinal transit. Here are some examples of what to avoid the day before the exam:

Whole foods: whole wheat bread, whole wheat pasta, brown rice.  
Cereals: oats, barley, granola, wheat germ, All Bran type cereals (wheat bran-based).  
Vegetables: lettuce, kale, arugula, chard, watercress, celery, spinach, broccoli.  
Vegetables: pumpkin, carrots, beets, peppers. Boiled or pickled corn, peas, tamale, curau and popcorn.  
Drinks with residues (juices with segments, pomace, seeds).  
Dark or red liquids (grape or strawberry juice, coffee, red or dark teas).  
Milk, yogurt, butter, margarine, cottage cheese.

Take this document on the day of your exam, it will be used by your doctor when performing the exam.

#### BOSTON GRADING OF THE EXAM TAKEN (BBPS)

(For the exclusive use of medical staff on the day of the exam)

- BOSTON 0
- BOSTON 1
- BOSTON 2
- BOSTON 3
- BOSTON 4
- BOSTON 5
- BOSTON 6
- BOSTON 7
- BOSTON 8
- BOSTON 9

#### APPENDIX 2 - Post-colonoscopy questionnaire

##### QUESTIONNAIRE FOR THE POST-COLONOSCOPY PATIENT

What difficulty did you have in ingesting the medication studied

- a) Easy
- b) Moderate
- c) Difficult
- d) Impossible

About the taste of the medication, what is your opinion

- a) I found it good
- b) Neutral flavor
- c) I thought it was bad, but I managed to ingest it
- d) Very bad

How easy or difficult is it to ingest the liquid prescribed by the preparation?

- a) Easy
- b) Moderate
- c) Difficult
- d) Impossible

About the proposed food, what was it like to follow them?

- a) Easy
- b) Moderate
- c) Difficult
- d) Impossible

Have you had any of these side embellishments during or after preparation with the proposed drug? If yes, mark which one is the intensity.

- a) Nausea  
 mild  moderate  intense

b) Vomiting  
( ) mild ( ) moderate ( ) intense

c) Abdominal pain  
( ) mild ( ) moderate ( ) intense

d) Abdominal distension  
( ) mild ( ) moderate ( ) intense

e) anal irritation  
( ) mild ( ) moderate ( ) intense

f) Sleep disorder  
g) Burning and cramps  
h) Discouragement  
i) Hospitalization or medical support

How easy is it to carry out the preparation steps with the proposed medication? a) Easy

b) Moderate  
c) Difficult  
d) Impossible

### APPENDIX 3 - Guidelines for preparation with simple purgative for colonoscopy

#### Single-dose bowel preparation prior to colonoscopy examination

“You are participating in a hospital study to prepare the intestine for the colonoscopy exam. It is very important that you follow exactly the recommendations we have made so that your exam is a success and we can achieve our goal. Read ALL guidelines carefully”

Let's get started.:

The day before your exam you can consume at lunch and dinner:

only clear liquids and residue-free foods (clear juices, Gatorade, clear broths and soups, teas, soft drinks, powdered juices, strained/sifted natural juices, gelatin, popsicle, candies).

Components that can make up soups:

soups (potatoes, sweet potatoes, parsley potatoes, cassava, yams, pasta), rice, eggs, fish or chicken. Remember to beat in a food processor or blender and sift before ingestion.

THIS IS A FUNDAMENTAL RECOMMENDATION (THE MOST IMPORTANT) Remember to drink a large amount of water throughout the day before the exam – about 2500 ml = 5 bottles of mineral water.

FOR EXAMS PERFORMED IN THE MORNING OR AFTERNOON (follow the same guidelines)

At 6 p.<sup>m</sup> on the day before the exam:

Dissolve 1 sachet of PICOPREP® in 1 glass of ice water or cold clear juice, stir well until all the medicine dissolves, ingest in 15 minutes;

Take one bromopride or plasil tablet after immediate ingestion of the solution with PICOPREP®;

DRINK A LARGE AMOUNT OF FLUIDS AFTER PREPARATION (CLEAR JUICES, COLD WATER) UP TO 2 HOURS BEFORE THE EXAM.

At 10 p.<sup>m</sup> on the day before the exam:

Dissolve 1 sachet of PICOPREP® in 1 glass of ice water or cold clear juice, stir well until all the medicine dissolves, ingest in 15 minutes;

Take one bromopride or plasil tablet after immediate ingestion of the solution with PICOPREP®;

DRINK A LARGE AMOUNT OF FLUIDS AFTER PREPARATION (CLEAR JUICES, COLD WATER) UP TO 2 HOURS BEFORE THE EXAM.

After 10 pm the day before the exam, don't eat anything else (fasting for food), just drink a large amount of water, always!

ATTENTION!

The preparation will be adequate when the appearance of the stools is clear and liquid only.

Move throughout the day of preparation to keep intestinal transit present, avoid standing still.

Drink large amounts of fluid so as not to dehydrate, as the preparation causes your body to lose large amounts, so it is essential to replace.

Take the nausea and vomiting pills before preparation, they will help you tolerate the preparation better.

Consume only soups processed as directed above in the main meals (lunch and dinner), in your café prefer only teas and crackers, water and salt.

It is important not to eat foods rich in fiber, as they reduce intestinal transit. Here are some examples of what to avoid the day before the exam:

Whole foods: whole wheat bread, whole wheat pasta, brown rice.

Cereals: oats, barley, granola, wheat germ, All Bran type cereals (wheat bran-based).

Vegetables: lettuce, kale, arugula, chard, watercress, celery, spinach, broccoli.

Vegetables: pumpkin, carrots, beets, peppers. Boiled or pickled corn, peas, tamale, curau and popcorn.

Drinks with residues (juices with segments, pomace, seeds).

Dark or red liquids (grape or strawberry juice, coffee, red or dark teas).

Milk, yogurt, butter, margarine, cottage cheese.

Take this document on the day of your exam, it will be used by your doctor when performing the exam.

BRING A COMPANION ON THE DAY OF YOUR EXAM

BOSTON GRADING OF THE EXAM TAKEN (BBPS)

(For the exclusive use of medical staff on the day of the exam)

( ) BOSTON 0 ( ) BOSTON 5

( ) BOSTON 1 ( ) BOSTON 6

( ) BOSTON 2 ( ) BOSTON 7

( ) BOSTON 3 ( ) BOSTON 8

( ) BOSTON 4 ( ) BOSTON 9