



**THE LARGEST
GASTROENTEROLOGY
CENTRE IN THE BALTICS**
Already 20 years in Latvia.

In 2021, GASTRO celebrates its 20th anniversary.



PROVIDES

a full range of diagnostic and therapeutic procedures for the detection and treatment of diseases of the digestive system (oesophagus, stomach, intestines, bile ducts, pancreas, liver).



OUR VALUES ARE:

competence in everything we do;
the latest generation of technologies
in diagnostics and treatment;
patients' well-being and comfort.

BOWEL PREPARATION FOR COLONOSCOPY PROCEDURE

Diet before the bowel cleansing

1

One week before the planned procedure, you **must not** eat seed-containing products, including:

fruits;
vegetables;
root vegetables;
nuts;
bread with seeds;
other cereal- and flour-based food containing seeds.

2

You *may* eat:

fruit, vegetable or root vegetable puree without any seeds or skin;
juice;
potatoes;
rice, buckwheat, oatmeal, groats, millet;
legumes;
meat and fish;
eggs;
dairy products;
seedless bread;
broth.

3

Eat only finely ground or liquid food three days **before** the procedure.

4

The **last** meal is a light dinner two days before the procedure.

5

You must not eat anything the day **before** the procedure, when the bowel cleansing with medications should be started, and prior to the beginning of the procedure.

GASTRO experience shows that refraining from eating the day before the procedure is very important for the successful, high-quality procedure!

6

Throughout the bowel preparation and cleansing, you can drink clean, still water **without restrictions**. On the day of procedure, you should stop drinking **four hours** prior to the beginning of the procedure.

BOWEL CLEANSING WITH MEDICATIONS

1

Bowel cleansing with medications begins the day before the procedure. You must not eat anything on this day and the day before the procedure.

2

The standard dose of a bowel-cleansing agent (PEG, salt-containing medicines, etc.) (powder sachets or liquid) is divided into two equal parts:

The first part: drink it the day before the procedure at 6:00 p.m.: the prescribed amount of the medicine should be taken within two hours

The second part: start using six hours before the scheduled time of the procedure and drink it within two hours

Notes:

3

If you have to spend several hours on your way to GASTRO, you should stop taking your last dose of bowel-cleansing agent at least four hours before you plan to leave for GASTRO.

4

In case of constipation or unsuccessful previous bowel preparation experience, in addition to all other GASTRO bowel preparation and cleansing instructions that you have to execute correctly, you should use two microenemas: one in the evening before the procedure and the other four hours before the scheduled start of the procedure, after you have taken the last dose of the bowel-cleansing agent.

5

If for any other reason any medicinal products or treatments are to be used, they should be taken during the bowel preparation and cleansing as prescribed with a glass of water.

6

Before the procedure, the last dose of other medicinal products should be taken four hours before the procedure with a glass of water.

7

Do not take iron preparations or activated charcoal for the last three days before the procedure.

8

The bowel preparation and cleansing recommended by GASTRO, as well as taking other medicinal products or treatments should be coordinated with the doctor who has prescribed the endoscopy procedure.

When in doubt, always ask your doctor for advice and check our website www.gastrocentrs.lv for information



SERVICES PROVIDED BY GASTRO:

- Consultations with gastroenterologists, including remote (video) consultations
- Consultations with paediatric gastroenterologist
- Consultations with nutritionist
- The widest range of endoscopic examinations performed under anaesthesia
 - Upper endoscopies (gastrosopies)
 - Lower endoscopies (colonoscopies)
 - Capsule endoscopies
 - Endoscopic ultrasonography (EUS)
- Various functional diagnostic examinations in gastroenterology
- Helicobacter (H. pylori) breath test
- Milk sugar (lactose) intolerance breath test
- Intestinal dysbiosis breath tests
- 24-hour pH monitoring of the stomach and oesophagus
- Oesophageal manometry and impedance measurements
- Anorectal manometry



ADDRESS:

Gaiļezera iela 1,
Rīga, LV-1079

WORKING HOURS:

Monday – Friday
from 8:00 a.m. till 6:00 p.m.
Saturday, Sunday – closed

HOW TO FIND US:

Stop: "Slimnīca "Gaiļezers""
(Hospital Gaiļezers)

- buses 
5 15 21
- trolleybuses 
14 18
- express buses 
206 207 271



PHONES:

+ 371 66 901 212;
+ 371 26 535 389

FAX:

+ 371 67 040 248



E-MAIL:

info@gastrocentrs.lv

More information
and news:
www.gastrocentrs.lv;
Facebook and
Instagram profiles

To schedule
an appointment online:
www.gastrocentrs.lv

