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## MORNING COLONOSCOPY INDICATIONS

A colonoscopy is considered an essential technique for the diagnosis of pathology in the colon, especially for some lesions linked to cancer. Early diagnosis leads to clearly defined effective treatment of cancer.

A sedative is offered immediately before the beginning of the procedure with the object of carrying out of a suitable inspection of the colon with minimal risks and without causing discomfort to the patient.

A good visualization of whole colon is possible only with good preparation, and for this the following norms and recommendations should be strictly observed. If you do not follow this advice, the procedure will not have the same high diagnostic value

### To prepare for the Colonoscopy

#### 1.- 48 hours before:

- *A low residue diet is allowed:* pastas, mashed potatoes, York ham, broths, grilled meat, grilled fish or boiled, hard cheese, white bread, white rice, French toast, juices, infusions, tea, coffee and drinks without gas.

- *It is not allowed:* salads, vegetables, cereals, legumes, fruit, potatoes, meats and fish in sauce, sausages, milk, fats, pastry and drinks with gas.

#### 2.- The previous day of the procedure:

- *Only take clear liquids* (water, clear soup, fruit juices without pulp, black coffee or tea, isotonic drinks, e.g. Aquarius®). Any other inadequate diet could interfere with the final results of the test.

- *FIRST DOSAGE:* At 16:00 pm the previous day to procedure, dissolve 1 package of the evacuating solution CITRAFLEET® in 150 ml of water. Shake it for two minutes. If the solution gets too hot, wait a few minutes before drinking. After that, drink 6 glasses of water, isotonic drinks or juices (without pulp) or liquids without gas (infusions, Aquarius®).

- *SECOND DOSAGE:* At 20:00 pm hours the previous day to the procedure, dissolve the second package of the evacuating solution CITRAFLEET® in 150 ml of water. Shake it for two minutes. If the solution gets too hot, wait a few minutes before drinking. After that, drink 6 glasses of water, isotonic drinks or juices (without pulp) or liquids without gas (infusions, Aquarius®).

#### 3.- The day of the procedure:

- Two hours before of the procedure, apply 1 Fisioenema® of 250 ml to complete the colon cleaning and do not drink any liquids 3 hours prior to your appointment. Please, do not apply any cream in the anal/rectal area.

**Other Considerations:**

- Please, advice medical staff if you are suffering or have suffered from hepatitis, Cardiac valve, allergies, is under any medication or have any significant cardio-respiratory or viral illness. Sometimes, a preventive antibiotics treatment is recommended. If you have allergies to medication you should also advice the medical staff.
- It is not necessary to stop taking prescribed medication, except for oral iron (suspended it 7 day before de procedure) the oral diabetic medication and insulin that you won't take them after taking laxative solution packets. For the diagnosed colonoscopy it is not necessary to stop taking anticoagulant or antiplatelet unless your physician advises so.
- Remember that you will not be able to drive until after 4-6 hours. It is advisable that someone accompanies you and he will be given precise instructions regarding your follow-on care.
- Provide the corresponding consent form properly filled-out and signed.
- We try to keep the scheduled appointments, but sometimes it may occur that another patient needs time for than the foreseen. Sorry in advance for the inconveniences that may occur.
- If you have any question, do not hesitate to contact us: 91 561 71 00 ext 163 or 653 512 210 (from 9:00 to 20:00 h, Mon-Fri)