



Servicio Andaluz de Salud
CONSEJERÍA DE SALUD

AREA DE GESTIÓN SANITARIA NORTE DE ALMERÍA
Avda. Dra. Ana Parra, s/n - 04600 Huércal-Overa (Almería)
Teléfono: 950 029 000

AFTERNOON TEST

UNIDAD DIGESTIVO



GASTROSCOPIAS
COLONOSCOPIAS
BIOPSIA HEPATICA
LAPAROSCOPIA

Colonoscopy / polypectomy preparation

The colon's preparation for the colonoscopy and /or a polypectomy must be really good. An unprepared colon won't be able to be explored properly.

That's why we ask you to follow this instructions thoroughly

GENERAL RULES:

- **YOU'LL ATTEND THE TEST WITH AN EMPTY STOMACH.** You won't have eaten anything 4 hours before the test. You won't be able to have any solid food, liquids (not even water).
- You will let us know if you are **ALLERGIC** to any medicines.
- You should let us know if you have any kind of illness and if in previous explorations you've required the use of antibiotics to prevent endocarditis.
- **If you are taking ANTI-INFLAMMATORY (anti-rheumatic) medication and / or ASPIRIN (or similar). YOU SHOULD STOP TAKING THEM one week before** the colonoscopy, you will have to talk to your doctor about this matter.
- **IF YOU ARE IN A MEDICAL TREATMENT WITH ANTICOAGULANTS (SINTROM)** you should tell just in case it was necessary to change the type of medicine.

DIET:



48 HOURS BEFORE THE TEST YOU WILL FOLLOW A DIET LOW IN WASTES

YOU CAN EAT: rice and pasta, clear soup (NOT vegetable ones); grilled or boiled meat and fish;; mature cheese; crackers and non fiber biscuits; toasted bread and butter (a small ammount); sieved juice, coffee, tea and plenty of liquids (avoiding fizzy drinks).

YOU CANNOT EAT: : Salads, vegetables and legumes; fruits, potaoes; meat and fish with sauce or roasted, cold meat; milk, fat and cakes; chocolate and fizzy drinks.



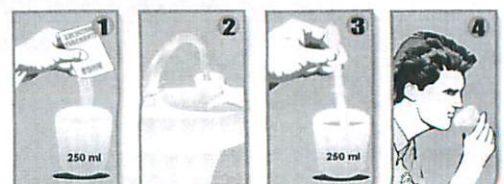
24 HOURS BEFORE THE TEST YOU WILL FOLLOW A LIQUID AND WASTELESS DIET: WATER, CLEAR SOUP, TEA, SIEVED JUICE.

HOW TO TAKE SOLUCION EVACUANTE BOHM

- **THE AFTERNOON BEFORE THE TEST** start taking Solución Evacuante Bohm at **18pm**, take one sachet every 20 minutes until you've taken **8 sachets**.
- **THE MORNING OF THE TEST** start taking Solución Evacuante Bohm at **8am** and have the **8 sachets** left in the box.

How to prepare SOLUCIÓN EVACUANTE BOHM:

Pour the content of the sachet in a big glass, add water till you have 200 or 250ml and stir with a spoon until the solution is dissolved.



☞ It's really important to have **ALL** the sachets.

☞ Somebody should accompany you on the day of the test