

## **Dr. Gervasio Salgado**

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### **What is a colonoscopy ?**

It is a safe and most effective means of visually examining the full lining of the colon and rectum.

It is used to diagnose colon and rectum problems and to perform biopsies and remove colon polyps.

Most colonoscopies are done on an outpatient basis with minimal inconvenience and discomfort.

### **How is a colonoscopy performed ?**

The bowel must first be thoroughly cleared of all residue before a colonoscopy.

This is done one to two days before the exam/examination as prescribed by your physician.

The colonoscope is inserted and when possible will be advanced to the portion of the colon where the small intestine enters.

During a complete examination of the bowel, your physician will remove polyps or take biopsies as necessary.

The entire procedure usually takes less than an hour. Mild sedation is given when necessary to relieve anxiety and discomfort and you will be aware.

Following the colonoscopy, there may be slight discomfort, which quickly improves with the expelling of gas.

Most patients can resume their regular diet later that day.

#### **IMPORTANT**

**-You mustn't take any blood thinner drugs (e.g. Aspirin, Sintrom or Warfarin) 5 days before.**

**-Remember you mustn't drive after the examination.**

## COLONIC PREPARATION WITH FOSFOSODA

### Two days before examination:

You must follow a diet with low fiber.

YOU CAN TAKE	YOU SHOULD AVOID
Rice and pasta Soup (broth) Grilled meat Grilled or cooked fish Hard cheese Biscuits without fiber Toasted bread Clear juices Coffee, tea and chamomile Non carbonated drinks	Salads Vegetable and legumes Fruit Potatoes Meat or fish with sauce Sausages Milk Fat Cookies (cake) Carbonated drinks

### The day before examination:

Only fluid diet, exclusively water, isotonic drinks (e.g. Aquarius lemon) black tea or chamomile with sugar but **without any milk.**

Drink one bottle of Fosfosoda in small sips, diluted in a glass of cold water at 14:00 followed by several glasses of liquids.

Drink one bottle of Fosfosoda in small sips, diluted in a glass of cold water at 23:00 followed by several glasses of liquids.

It is highly important to drink large quantities of liquids between both doses of Fosfosoda (approximately 2 - 4 litres), in order to obtain an optimum preparation.

### Examination day:

Without any breakfast

On .....

In.....

At.....