

INSTRUCTIONS FOR A COLONOSCOPY

A colonoscopy is an endoscopic technique that allows us to directly visualize the colon and rectum by introducing a flexible camera through the anus.

On the day indicated below, please come to the following address:

Dos de Maig Hospital
Department of Endoscopy on the 3rd floor of the outpatient area (dispensari)
C / Dos de Maig 301
Barcelona

Day at hours.

In preparation for the test:

- At 7am (or earlier) on the day of the procedure, start drinking the laxative CASENGLICOL. You must purchase this at a pharmacy with a prescription. Each box contains 16 sachets and a dispenser. You must take one sachet dissolved in a glass of water each 15-30 minutes. **It is important to finish all of them.** This will cause significant diarrhea. The idea is to completely clean your intestines.

It is very important to have finished all the sachets at least 4 hours prior to the procedure

Additionally, you must not eat, drink or smoke 4 hours prior to the procedure.

Remember:

- You must be accompanied by a responsible adult (ESSENTIAL).
- You must bring with you all the medications you are currently taking.
- Please take a shower but do not use body lotions or ointments in the anal area.
- Do not apply nail polish or make-up as this may interfere with the monitoring devices.
- Wear comfortable clothes. Do not bring jewelry or valuable belongings.
- You will not be able to drive or operate machinery for 24 hours after the procedure.

For more information or questions: endoscopia.cremades@hotmail.com