



Emptying your bowel for chromoendoscopy Tarmt. kromoe 01-2020 Engelsk

It is important that your intestines are completely empty before the examination so that the mucous membrane can be visualized.

You will get a prescription for Phosphoral. You must collect this medicine at a pharmacy. Do not use this medication as suggested on the packaging. Instead, follow the instructions provided here.

Important: Do not use medicines or nutritional products for diarrhea / loose bowel movements, or eat whole-grain bread, flaxseed, fruit/berries containing small seeds and similar foodstuffs for **the last seven days** before the examination as this will make the procedure difficult to perform.

Preparations on the day before the examination:

The best results are obtained if you eat nothing, and only drink clear liquids such as water, coffee, tea, mineral water and broth the day before the examination. If this is too difficult to manage, you may eat a light meal in the morning and a light lunch no later than 13:00 (1 pm), but do not eat or drink any dairy products or juices. After 13:00 you should strictly drink clear liquids only until the examination.

If your appointment is before 10:00 (10 am):

- **Take your first dose at 18:00 (6 pm) on the day before the examination.**
- **Take your second dose at 06:00 (6 am) on the day of the examination.**

If your appointment is after 10:00 (10 am):

- **Take your first dose at 19:00 (7 pm) on the day before the examination.**
- **Take your second dose at 07:00 (7 am) on the day of the examination.**

First dose: First, drink one or two glasses of cold water. Then mix the contents of one bottle of Phosphoral (45 ml) into half a glass of cold water. Drink the solution, then drink another glass of cold water. Make sure you drink plenty of clear liquids throughout the evening (at least 2-4 glasses) before going to bed.

Second dose: First, drink one or two glasses of cold water. Then mix the contents of the second bottle of Phosphoral (45 ml) into half a glass of cold water. Drink the solution, then drink another glass of cold water. It is preferable if you keep drinking plenty of clear liquids until the examination.

Preparations on the day of the examination

Drink plenty of clear liquids until your appointment time.

You may experience rapid emptying of your bowels, and this may lead to soreness around the anus. If so, we recommend applying some lotion, vaseline or zinc cream.