

SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA  
Azienda Ospedaliera di Reggio Emilia

Istituto in tecnologie avanzate e modelli assistenziali in oncologia  
Istituto di Ricovero e Cura a Carattere Scientifico

Arcispedale S. Maria Nuova  
Dipartimento Tecnologie Avanzate  
Gastroenterologia - Endoscopia Digestiva

Dott. Romano Sassatelli - Direttore

## **PREPARAZIONE ALLA COLONSCOPIA** **PREPARATION FOR A COLONOSCOPY**

While preparing for this test, you may continue to follow any therapies in progress (medications for the heart, respiration, blood pressure, circulation, anti-aggregates, etc.) - even on the day of the test.

**No** other purgatives may be taken.

**No** feminine tampons may be used on the day of the test.

**SUSPEND ANTI-COAGULANT THERAPY ACCORDING TO DOCTOR'S ORDERS**

## **INDICAZIONI PER LA PULIZIA DELL'INTESTINO** **INSTRUCTIONS FOR CLEANING THE INTESTINE**

**Do not eat** fruit or vegetables during the **week** before the test (the peels and seeds can make the test hard to perform; this is especially true of kiwi, strawberries and grapes).

The following beverages may be consumed when taking the preparation and up to two hours before the test: water, tea, chamomile tea and barley water - even sweetened with sugar.

What to eat:

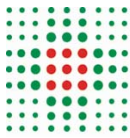
- the evening before the test, you can eat soup without vegetables, as well as semolina or meat broth.

**IMPORTANT:** a feeling of nausea or distaste while drinking the preparation is normal and not a source of concern.

Just drink the preparation slowly, in small sips (it will have a better taste if kept in the fridge).

The taste can be improved by mixing it into other beverages.

**However, for the test to be performed properly, the complete quantity of intestinal cleaning preparation must be drunk.**



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## **MODALITÀ DI ASSUNZIONE DEL PREPARATO PER LA PULIZIA DELL'INTESTINO** **HOW TO TAKE THE INTESTINAL CLEANING PREPARATION**

### **PREPARATO AD ALTO VOLUME SELG ESSE 1000**

(Prodotto a base di Sodio solfato e Polietilenglicole - PEG)

### **SELG-ESSE 1000 HIGH-VOLUME PREPARATION**

(Product containing sodium sulphate and polyethylene glycol - PEG)

## **COME ASSUMERE IL PREPARATO** **HOW TO TAKE THE PREPARATION**

Dissolve each of the 4 pouches containing SELG (SELG) in 1 litre of **non-carbonated** water.

Drink a large glass of the solution quickly **every 15 minutes**.

If the intestine is not completely cleansed (that is, the final discharges must be composed of a clear liquid) 2-3 hours before the test, another litre of the solution must be taken.

## **QUANDO ASSUMERE IL PREPARATO** **WHEN TO TAKE THE PREPARATION**

### **IF YOUR COLONOSCOPY IS IN THE MORNING (from 9:00 AM to 1:00 PM)**

IN THE EVENING BEFORE THE ENDOSCOPY, FROM 6:00 PM TO 9:00 PM:

DRINK 3 pouches of the preparation dissolved in 3 litres of water (1 litre every hour).

ON THE MORNING of the test, from 6:00 AM to 7:00 AM:

DRINK one pouch of the preparation dissolved in one litre of water.

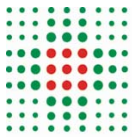
### **IF YOUR COLONOSCOPY IS IN THE AFTERNOON (AFTER 2:00 PM)**

IN THE EVENING BEFORE THE ENDOSCOPY, FROM 6:00 PM TO 8:00 PM:

DRINK half the dose (2 litres) of intestinal cleansing preparation.

ON THE MORNING of the test, from 9:00 AM to 11:00 AM:

DRINK the other half-dose of the preparation (the other 2 litres).



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**AS AN ALTERNATIVE: PREPARATO A BASSO VOLUME MOVIPREP**  
(MACROGOL 3350+ACIDO ASCORBICO )  
**MOVIPREP LOW-VOLUME PREPARATION**  
(MACROGOL 3350+ASCORBIC ACID)

To prepare for the test correctly, you must drink 2 litres of MOVIPREP (MOVIPREP). The package contains 2 clear bags. In each clear bag, you'll find a large pouch A and a small pouch B. One litre of MOVIPREP (MOVIPREP) is prepared by completely dissolving one pouch A and one pouch B into 1 litre of water until a clear liquid is obtained. Drink 1 litre of this solution in 1 hour (one full glass every 10-15 minutes). Afterward, drink another litre of MOVIPREP (MOVIPREP) prepared in the same way.

To prepare for the test, you must also drink another litre of other clear liquids such as water, tea or chamomile tea.

**CONTROINDICAZIONI – CONTRAINDICATIONS:**

Patients with the following conditions **must not drink this preparation: phenylketonuria (fenilchetonuria)** (preparation contains aspartame) and **favism (favismo)**, also known as glucose-6-phosphate dehydrogenase deficiency (preparation contains ascorbic acid/ascorbate)

**IF YOUR COLONOSCOPY IS IN THE MORNING (from 9:00 AM to 1:00 PM)**

IN THE EVENING BEFORE THE ENDOSCOPY, FROM 6:00 PM TO 7:00 PM:

DRINK 1 litre of the solution and, right afterward, another litre of water or other beverage (tea, chamomile tea).

ON THE MORNING of the test, from 7:00 AM to 8:00 AM:

DRINK the other litre of the solution (and, right afterward, another litre of water).

**IF YOUR COLONOSCOPY IS IN THE AFTERNOON (AFTER 2:00 PM)**

IN THE EVENING BEFORE THE ENDOSCOPY, FROM 6:00 PM TO 7:00 PM:

DRINK 2 pouches (1 pouch A + 1 pouch B) of the preparation dissolved in 1 litre of water and, right afterward, another litre of water.

ON THE MORNING of the test, from 10:00 AM to 11:00 AM:

DRINK 2 pouches (1 pouch A + 1 pouch B) of the preparation dissolved in 1 litre of water and, right afterward, another litre of water.