

## PREPARATION FOR THE RECTOSIGMOIDOSCOPY EXAMINATION

Before the examination, the diet specified below must be followed and washing solutions taken in sufficient volumes to ensure correct cleaning.

If you are taking anticoagulant drugs, insulins or diabetes therapies, contact your specialist or GP at least 7 days before the exam to assess the need for their suspension.

It is advisable to be accompanied by a person with a car

### • PREPARATION FOR THE EXAM BOOKED IN THE MORNING

#### INTESTINAL PREPARATION

Obtain **THREE bottles of 120 ml rectal solution of sodium phosphate** from any pharmacy

- The evening before the exam, **apply ONE bottle** of rectal solution
- **Two hours before the exam, apply the remaining TWO** bottles of rectal solution

#### DIET

- THREE DAYS BEFORE the exam**  
Start a fiber-free diet (DO NOT TAKE fruit, vegetables and whole foods).
- THE DAY BEFORE** the exam you can get
  - breakfast: coffee, tea, honey, sugar, with a non-wholemeal biscuit or toasted bread.
  - lunch: semolina or broth, soup with a little pasta, yogurt without fruit.
  - dinner: filtered vegetable broth or sweetened tea or sweetened chamomile tea.
- ON THE DAY OF THE EXAM: show up ON AN EMPTY STOMACH**

### • PREPARATION FOR THE EXAM BOOKED IN THE AFTERNOON

#### INTESTINAL PREPARATION

Obtain **THREE BOTTLES of 120 ml sodium phosphate solution** from the pharmacy

- On the morning of the exam (at approximately 8 am) **apply TWO bottles** of rectal solution
- **two hours before the exam, apply the remaining bottle of rectal solution**

#### PREPARATION FOR EXAMS SCHEDULED FOR THE AFTERNOON

#### DIET

- THREE DAYS BEFORE** the exam  
Iniziare una dieta priva di scorie (NON ASSUMERE frutta, verdura e cibi integrali)
- THE DAY BEFORE** the exam you can get:
  - breakfast: coffee, tea, honey, sugar, with a non-wholemeal biscuit or toasted bread.
  - lunch: semolina or broth, soup with a little pasta, yogurt without fruit.
  - dinner: filtered vegetable broth or sweetened tea or sweetened chamomile tea..
- ON THE DAY OF EXAM** it is possible to get some tea in the morning

The endoscopy staff is available for further clarification

## ELENCO DI DISTRIBUZIONE

Ai Direttori/Responsabili e Coordinatori delle seguenti strutture, per diffusione al personale coinvolto nell'applicazione (si ricorda che la diffusione alle Strutture Semplici è di competenza della Struttura Complessa di afferenza):

- DIPARTIMENTO CHIRURGICO
- SS GESTIONE FRONT OFFICE
- SS RELAZIONI CON IL PUBBLICO COMUNICAZIONI E UFFICIO STAMPA

⇒ Diffondere in modo tracciabile attraverso una delle seguenti modalità: invio tramite procedura informatica per la gestione documentale; invio tramite mail; lista di distribuzione MOD<sub>sq</sub>010; riunione con gli operatori - verbale MOD<sub>sq</sub>026

Stesura	Verifica/Approvazione	Emissione
Coordinatore Infermieristico SS Endoscopie digestive ASL CN1  Ravotti Giovanni (Coordinatore del Gruppo di Lavoro)	Ss Endoscopia Digestiva Mondovì GENOVESI Corrado  Ss Endoscopia Digestiva Savigliano Dr. VIAZZI Paolo  Coord Dipartimento Chirurgico RAMONDETTI Matteo	Direttore Dipartimento Chirurgico Dr. PAZZAIA Toni