Colonoscopy

Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use www.drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

For supplements/herbs having an independent testing certification is essential. Pharmaceutical grade is the highest standard.

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Colonoscopy

Colonoscopies are serious interventions that should come only after a positive fecall occult blood test. Around the world they are made much safer by not using anesthesia during the procedure.

Low residue diet

A low residue diet (mostly low fiber) has been found in over a dozen studies to be just as effective as the clear diet for colonoscopies, & has a much higher compliance & completion rate & lower rate of adverse complications.
statnews.com/2024/03/19/colonoscopy-preparation-liquid-only-diet-data-gastroenterologists

Ahumada C, Pereyra L, Galvarini M, Mella J, GÃ³mez E, Pedreira SC, Cimmino DG. Efficacy and tolerability of a low-residue diet for bowel preparation: systematic review and meta-analysis. Surg Endosc. 2022 Jun;36(6):3858-3875. doi: 10.1007/s00464-021-08703-8. Epub 2021 Sep 1. PMID: 34471982.

pubmed.ncbi.nlm.nih.gov/34471982/

A low residue diet includes all meats that arenâ??t tough/gristled, all dairy including chocolate, refined breads/grains/cereals without nuts or seeds, applesauce/juice/cantaloupe/honeydew/apricots/peaches with no seeds/skin/membranes/fiber, smooth nut butters, oils/butter,

carrots/mushrooms/turnips/asparagus tips/potatoes/cucumbers cooked/canned without skin/seeds, all beverages not purple/red, etc.

healthy.kaiserpermanente.org/washington/get-care/additional-services/gastroenterology/colon-diet-low-fiber

Category

1. Uncategorized

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Author
biggs

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