

## You have an appointment for a colonoscopy

### The laboratory has found blood in your poo sample

We have analysed your poo sample and found traces of invisible (occult) blood and therefore scheduled you for a colonoscopy.

Blood in your poo can be caused by haemorrhoids, a tear or polyps in the bowel, but it can also be a sign of bowel cancer. You will have received a letter in Danish with details of the time and place of your colonoscopy.

### What you need to do before the colonoscopy

A colonoscopy is an outpatient procedure – meaning you will not be admitted to the hospital. You will need to prepare a few days in advance, including taking a laxative so your bowels are empty for the test. Please read this letter and [the cleansing instructions](#) carefully.

Residents in the Capital Region and the North Denmark Region must collect the laxative (Plenvu) from a pharmacy. In Zealand, Southern Denmark, and Central Denmark Regions, you will receive Plenvu by post.

### Notify the Screening Secretariat if you wish to change or cancel your appointment

Please contact your regional Screening Secretariat if you want to change your appointment or cancel it.

### Some people need to take special precautions before the colonoscopy

Contact the clinic performing the colonoscopy if one or more of the following apply to you:

- I take blood-thinners other than Magnyl® (aspirin)
- I have bowel cancer or regular colonoscopies as part of being treated or monitored for a condition in the colon or rectum
- I use insulin for diabetes
- I have a serious heart or lung condition
- I suffer from a kidney condition or am on dialysis
- I suffer from phenylketonuria (PKU)
- I need assistance going to the clinic
- I need an interpreter

### With best regards,

The screening secretariat in the North Denmark Region, tel.: 97 64 17 12

The screening secretariat in the Central Denmark Region, tel.: 78 42 01 70

The screening secretariat in the Region of Southern Denmark, tel.: 79 40 67 85

The screening secretariat in Region Zealand, tel.: 56 51 28 28

The screening secretariat in the Capital Region of Denmark, tel.: 38 67 17 17

