

**PREPARATION FOR COLONOSCOPY WITH CITRAFLEET (C.N. 660393.2)**

**IF YOUR APPOINTMENT IS IN THE MORNING**

-If you take **IRON** or **FIBER** supplements (Plantago Ovata, Plantaben or similar)

**Stop 5 days before the colonoscopy.**

-If you take **ANTICOAGULANTS** and / or **ANTIPLATELET AGENTS** follow the recommendations indicated by your doctor.

**3 DAYS BEFORE THE SCAN WILL FOLLOW A DIET LOW IN RESIDUES**

| YOU CAN TAKE   | YOU CAN'T TAKE   |
|--|--|
| <p>RICE, PASTA AND BROTHS<br/>GRILLED OR BOILED FISH AND CHICKEN<br/>(WITH A FEW DROPS OF OLIVE OIL)<br/>SOFT CHEESES FIBER-<br/>FREE BISCUITS AND TOAST<br/>FILTERED JUICES<br/>COFFEE, SKIMMED MILK, TEA, INFUSIONS STILL DRINKS</p> | <p>RAW VEGETABLES AND VEGETABLES<br/>FRUITS WITH PEELS AND SEEDS<br/>RED MEAT AND FISH IN SAUCE<br/>WHOLE AND FATTY FOODS<br/>SAUSAGES<br/>WHOLE AND SEMI-SKIMMED MILK<br/>NUTS, CHOCOLATES AND CAKES<br/>CARBONATED BEVERAGES</p> |

**DAY BEFORE COLONOSCOPY:**

**Breakfast and lunch:** Diet low in waste.

**After the meal:** DIET LIQUIDA without dairy: Fat-free broth, filtered juices (without pulp), infusions (tea, pennyroyal, chamomile), coffee, isotonic drink (Aquarius), water.

**START PREPARATION WITH CITRAFLEET THE DAY BEFORE COLONOSCOPY**

**At 20:00 h the day before:** You will take the **1st ENVELOPE** of **CITRAFLEET**



Dissolved in **1 glass with 150 ml of water**. **After 30 minutes** you will start drinking **2 LITERS** of clear liquids. "Examples: Isotonic drink (Aquarius), fat-free meat broths, infusions (tea, pennyroyal, chamomile), juice without pulp, water". You will drink the liquids slowly over the next 3 hours.



**At 05:00 on** the day of the **test:** You will take the **2nd ENVELOPE** of **CITRAFLEET**

Dissolved in **1 glass with 150 ml. of water**. **After 30 minutes** you will take **1 LITER AND A HALF** of clear liquids again, in the same way you have done with the previous envelope.

**FROM 7 A.M. TO REMAIN IN TOTAL FASTING**

**You must be accompanied and cannot drive.** Remember that, on the day of the examination, if you are fasting **DIABÉTICO**, you should not **take** oral antidiabetics or take insulin.

## SPECIAL CIRCUMSTANCES

If your bowel rhythm is usually **CONSTIPATED**, you will likely require a **SPECIAL RATION PREP** known as "**OPTIMIZED COLONIC PREPAIR**":

**Three** days prior to taking CITRAFLEET, 1 sachet of **CASENLAX 10 gr every 12** hours will be **prescribed** and you should drink plenty of fluids after each feeding.

In this way we will achieve the maximum diagnostic performance of colonoscopy.

## THREE (3) DAYS PRIOR TO PREPARATION WITH CITRAFLEET



1 bag every 12  
hours

### Colonoscopy Information

