

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

**IF YOUR APPOINTMENT IS IN THE AFTERNOON**

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

**5 days before the scan.**

-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 GRILLED OR BOILED MEAT AND FISH, (WITH A FEW DROPS OF OLIVE OIL) SOFT CHEESES FIBER-FREE BISCUITS AND TOAST FILTERED JUICES COFFEE, SKIMMED MILK, TEA, INFUSIONS STILL DRINKS</p>	<p>RAW VEGETABLES AND VEGETABLES FRUITS WITH PEELS AND SEEDS RED MEAT AND FISH IN SAUCE WHOLE AND FATTY FOODS SAUSAGES WHOLE AND SEMI-SKIMMED MILK NUTS, CHOCOLATES AND CAKES CARBONATED BEVERAGES</p>

**DAY BEFORE COLONOSCOPY:**

**Breakfast:** Coffee with skimmed milk with cookies (NOT INTEGRAL) or a slice of toasted white bread with ham or turkey, with a few drops of olive oil.

**Food:** You can take a grilled chicken breast or grilled or boiled fish and liquid diet (fat-free broth, juice without pulp: orange, pineapple, apple and infusions, water).

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

**SAME DAY OF THE COLONOSCOPY:**

**At 07:00 h:** 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: Water, isotonic bebida (Aquarius), fat-free meat broths, infusions (tea, pennyroyal, chamomile) and drink the liquids slowly until the next sachet.**



**At 10:00 h:** 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 12 O'CLOCK IN THE MORNING DO NOT TAKE ANYTHING (neither solid nor liquid).** You must be accompanied and cannot drive. Remember that, on the day of the examination, if you are **DIABÉTICO/A** when fasting, you should not take oral antidiabetics or take insulin.

**SPECIAL CIRCUMSTANCES**

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

**Three days prior to taking CITRAFLEET, you will be prescribed 1 sachet of CASENLAX 10 gr** every 12 hours and 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 sachet every 12 hours

Colonoscopy Information

