

## **PREPARATION FOR COLONOSCOPY**



**CitraFleet®**

**C.N. 660393.2**

**VERY IMPORTANT.** In case of suffering from **CARDIAC CONGESTIVE INSUFFICIENCY** or **SERIOUS RENAL INSUFFICIENCY** do not carry out this preparation, and get in touch with our center for an alternative preparation.

**IT'S ESSENTIAL AND VERY IMPORTANT TO FOLLOW THE INSTRUCTIONS THAT ARE INDICATED HERE BELOW, IN ORDER TO CLEAN PROPERLY AND TO AVOID REPEATING THE TEST**

### **THE DAY BEFORE THE COLONOSCOPY**

**Breakfast:** Normal, non-fiber (WITHOUT crackers, fruits, vegetables and legumes). **You can take:** 1 slice of white toast or pastries, coffee with skim milk

**Food:** Normal, non-fiber (WITHOUT crackers, fruits, vegetables and legumes). **You can take:** Chicken, fish or grilled meat. Dessert: pudding or yogurt

After **FOOD**, you must remain **ONLY** with clear liquids (water, fat-free broths, infusions, tea, coffee and drinks without gas).

### **THE DAY OF THE COLONOSCOPY**

**FIRST DOSE. At 07:00 pm:** Take one sachet of **CITRAFLEET** in a large glass (150 ml. of cold water), stir in until it be dissolved, if it is too hot you have to wait until it be cold enough to be drunk. Then it will take 2-3 LITERS OF LIQUIDS (water, strained juices, strained broths, infusions, coffee, isotonic drinks) to drink slowly, in about an hour or two hours. **You must finish the amount of liquid that is indicated.**

**SECOND DOSE. At 10:00 am:** Take the other sachet of **CITRAFLEET** in a large glass (150 ml. of cold water), stir in until it be dissolved, if it is too hot you have to wait until it be cold enough to be drunk. Then it will take 2-3 LITERS OF LIQUIDS (water, strained juices, strained broths, infusions, coffee, isotonic drinks) to drink slowly, in about an hour or two hours. **You must finish the amount of liquid that is indicated.**

**VERY IMPORTANT:** From **12:00 am** until the end of the examination you are prohibited of ingesting food or beverage (**NPO**).

**ASK IN YOUR PHARMACY: CITRAFLEET - C.N. 660393.2**

