

Colonoscopy Instructions



The quality of the test depends on the preparation.

MEDICATION

- Buy **CITRAFLEET® oral solution in bottle (CN: 762763.0)** from your pharmacy.
- If you take **oral iron** or **fiber** you must stop taking them 7 days prior to the examination.
- **Oral antidiabetics**: DO NOT take since you start taking laxatives. To be resumed after the colonoscopy.
- **Insuline**: DO NOT administer the dose on the morning of the test. The nocturnal dose before the test must be adapted to the diet you are taking. In case of hypoglycemia, you can drink half a glass of water with a spoonful of sugar to reverse it.
- If you are hypertensive, DO NOT suspend your medication. Take it at the same time with a minimum amount of water.
- If you are taking anticoagulants, antiaggregants or Acetyl Salicylic Acid, have a pacemaker or any allergy to latex, inform your doctor beforehand.
- If indicated by your doctor, you can take your usual medication with little water before the test.

START 3 DAYS (72H) BEFORE THE PROCEDURE - LOW RESIDUE DIET

You can't eat

- Whole-grain foods.
- Fruits, vegetables and salads.
- Legumes, seeds, cereals and nuts.
- Fatty or oily foods and cured meats.
- Cakes and chocolate.
- Juices with pulp or fiber.
- Alcohol.

You can eat

- White or toasted bread, biscuits and toast without fiber.
- Boiled or grilled meat, chicken and fish.
- Eggs and ham.
- Potatoes without skin, white rice and Italian pasta.
- Skimmed yoghurt, flan, dry cheeses and semi-skimmed milk.
- Filtered broths and juices, tea, infusions and non-carbonated drinks.

DAY BEFORE THE PROCEDURE - START OF CITRAFLEET INTAKE

You will have to drink two bottles of Citrafleet, **preferably cold**, at the indicated times.

Colonoscopy time 08:30 - 11:00h

Last meal: Liquids without residues **at 17h** the previous evening.

1st BOTTLE OF CITRAFLEET: At **19h** on the evening before the exam.

- Between 19:20 - 21:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

2nd BOTTLE OF CITRAFLEET: At **23h** on the night before the exam.

- Between 19:20 - 21:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

After 04:00h: ABSOLUTE FASTING (do not ingest anything, neither food nor liquids).

Colonoscopy time 11:15 - 14:30h

Last meal: Liquids without residues **at 18h** the previous evening.

1st BOTTLE OF CITRAFLEET: At **20h** on the evening before the exam.

- Between 20:20 - 22:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

2nd BOTTLE OF CITRAFLEET: At **06h** on the morning of the exam.

- Between 06:20 - 08:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

After 08:00h: ABSOLUTE FASTING (do not ingest anything, neither food nor liquids).

Colonoscopy time 16:00 - 20:00h

Last meal: Dinner **at 21h** the night before (liquids without residues).

1st BOTTLE OF CITRAFLEET: At **07h** on the morning of the exam.

- Between 07:20 - 9:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

2nd BOTTLE OF CITRAFLEET: At **10h** on the morning of the exam.

- Between 10:20 - 12:00h: Slowly drink 1.5 - 2 liters of clear liquids allowed.

After 12:00h: ABSOLUTE FASTING (do not ingest anything, neither food nor liquids).

Clear liquids allowed: Non-carbonated water, Isostar, Gatorade, Aquarius, tea, infusions, filtered juices without pulp, filtered broths without vegetables. NO MILK.

PROCEDURE DAY

- It is essential to provide the **INSURANCE AUTHORIZATION** (colonoscopy, sedation and biopsies or polypectomy).
- Perform personal hygiene and shower (do not use body moisturizer, makeup or nail polish, or jewelry).
- Come accompanied.
- Do not drive or engage in risky activities after the test.
- If you cannot come on the day of the test, please call us in advance to let us know, another patient will benefit from it.

If you need any clarification before your test, you can contact our Patient Care Service.

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Colophone

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