

HOME INTESTINAL PREPARATION FOR COLONOSCOPY (with Citrafleet®)

You are taking Citrafleet®, a lemon-flavored laxative, in order to clean the bowel (without residues or faeces) before undergoing any diagnostic procedure which requires a clean bowel, such as a colonoscopy (a scan that allows you to directly look inside the Intestine, through a flexible tube (endoscope) inserted through the anus).



DURATION:

40 min.



FEEDING:

Diet low in waste
Liquid diet



MEDICATION:

Citrafleet®

INDICATIONS FOR YOUR MEDICATION

- If you are taking the following medication:
 - Oral antiplatelet agents (Iscover®, Plavix®, Tiklid®, Ticlodone)**
 - Acetylsalicylic acid (Aspirin®)**
 - Oral iron**

You should contact barnaclínica+, for your doctor to evaluate the suspension or modification of your treatment.

- In case you are taking **Oral anticoagulants (Sintrom®, Aldocumar®, Tedicumar®)**, you should contact the doctor who prescribed them in order to review the guidelines and evaluate its replacement with heparin or any other suitable medication.
- If you are being **treated with oral iron**, you must discontinue its use 7 days before the examination
- Any **other medication** can be taken regularly before or after the scan with some water.
- We recommend that you drink as much fluid as possible, taking into account that on the day of the test, you should stop drinking liquids 2 hours previous the scan.

48H BEFORE THE SCAN

You must follow a diet low in waste:

YOU CAN EAT

PROTEINS AND CARBOHYDRATES:
Meat, chicken and fish, boiled or grilled
Eggs
White rice
Filtered broth
Italian pasta
Cookies and toast without fiber
White bread and toast (not whole)
Filtered juices (no pulp or dissolved fiber)
Coffee, tea, and non-carbonated beverage
low-fat dairy products
Low fat cheeses

CAN NOT EAT

FIBER AND FAT:
Fruits, vegetables, legumes and salads
Whole grain products and cereals
Food cooked with sauces
Stews
Cold meats (chorizo, salami, etc)
Cakes and pastries
Chocolate
Whole milk
carbonated beverages
Juices with pulp
Yogurts with fruit or cereals

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THE DAY BEFORE THE SCAN

Snack and dinner: You should consume a liquid diet

YOU CAN TAKE: Juice, fruit juice without pulp, tea, light colored drinks). You must NOT consume any solid food.

About 4 p.m.:

Start the first sachet of citrafleet® dissolved in a glass of cold water at 4 p.m. Continue for the next 1hour 30 minutes with the intake of a minimum of 1.5 L of liquid (tea, broth, water, Aquarius or non-carbonated beverage).

About 8:00 p.m.:

Take the second sachet of citrafleet® and continue the intake of at least 1.5 L of liquids.