

name: _____

Colonoscopy reserved to: ____/____/____, at _____ hours.

Attention: If you take anticoagulants, antiplatelet agents and/or anti-inflammatory drugs should consult the doctor about the need to suspend the treatment at least seven days before the examination.

3 days before the colonoscopy preparation

DIET

Breakfast and Snacks:

- Linden infusion, lemongrass or tea
- Toasted white Bread with butter
- Dry biscuits

Lunch and dinner:

- White Soup (potato, rice, massa)
- Lean meats - boiled or grilled (beef, veal, chicken, rabbit)
- Lean fish - boiled or grilled (hake, groundhog, sea bass, mackerel)
- Rice, mashed potatoes, boiled egg
- White Bread, dry biscuits
- Boiled or grilled fruit, or juice fruit
- Fresh cheese or yoghurt

purchase in pharmacy **CITRAFLEET**

Do not eat solid food during the treatment with CITRAFLEET



1st Take - 16:00 h



2nd Take - 20:00 h



Stir well until the content is completely dissolved.

The mixture can heat up! Cool before drinking.

THE Day before colonoscopy

You can take the breakfast! During the rest of the day should only drink tea, transparent juices, water, broths of meat without meat or earth and gelatin with clear color.

If you suffer from constipation ("intestinal malfunctioning"), we suggest you take 2 tablets of Dulcolax in the morning.

At 16:00 PM

Drink the 1ST dose of **CITRAFLEET** dissolved in 1 large glass (1/4 liter) of water. **Then and until 8:00 PM drink 2 liters of water, tea or transparent juice without pulp.** Do not eat solid food on the day of the preparation with **CITRAFLEET**

At 20:00 PM

Drink 2ND dose of **CITRAFLEET** dissolved in 1 large glass (1/4 liter) of water. **Then and until bedtime drink 2 liters of water, tea or transparent juice without pulp.** Do not eat solid food on the day of the preparation with **CITRAFLEET**.

Until the examination do not eat or drink anything.

**IT IS OF EXTREME IMPORTANCE TO TAKE THE AMOUNT OF LIQUID THAT IS INDICATED IN THE PROTOCOL.
ONLY THEN WILL IT BE ABLE TO EFFECTIVE CLEANING! THE SUCCESS OF THE EXAMINATION DEPENDS
THE QUALITY OF THE PREPARATION YOU MADE.**