

FT-D-PREP-0001Z

**PREPARATION FOR COLONOSCOPY WITH CITRAFLEET (Test in the morning)**

**3 DAYS BEFORE THE EXPLORATION** make a *DIET* poor in waste:

YOU CAN EAT/DRINK	NOT EAT/DRINK
RICE, PASTA AND BROTHS	SALADS
GRILLED or BOILED MEAT AND FISH	VEGETABLES, LEGUMES AND POTATOES
HARD CHEESES	MEAT AND FISH IN SAUCE
FIBER FREE BISCUITS AND TOASTED BREAD	FRUIT
FILTERED JUICES	SAUSAGES
COFFEE, TEA, INFUSIONS	MILK, FATS, CAKES
NON-GARBOR DRINKS	CARBONATED DRINKS

**DAY BEFORE COLONOSCOPY:**

**LIQUID DIET:** Fat-free broths, infusions, strained juices. Black tea or coffee, chamomile, isotonic drinks, (Aquarius®, Gatorade® etc).

**How to take CITRAFLEET.**

**At 4:00 p.m. the day before the test:** You will take a Sachet of CITRAFLEET dissolved in 1 large glass of water, followed by 7 large glasses of water (at least 1.5 liters will have to be drunk) or isotonic drink, broths, infusions of clear-transparent color, to drink slowly over the next three hours.

**At 8:00 p.m. the day before the test:** You will take the other envelope of CITRAFLEET dissolved in 1 large glass of water, followed by 7 large glasses of water (at least 1 and a half liters will have to be drunk) or isotonic drink, broths, infusions, drink slowly over the next two hours.

**IMPORTANT:**

Follow these instructions to the letter to avoid having to repeat the colonoscopy. Do not drink anything (or liquids) from 2 hours before the colonoscopy. This test is usually performed with sedation, so you must go accompanied by someone and after the test, you will not be able to drive.

If you have any questions, you can contact the Customer Service Department at  
 976 21 81 31.