

GASTROENTEROLOGY

If you cannot attend your appointment, please call:

PREPARING FOR THE CLEANSING OF THE COLON BY USING CITRAFLEET (NDC 660393.2)

It is important for you to read carefully all the recommendations and carry out the following instructions as the success of the examination depends on you doing so.

2
days before

YOU CAN TAKE	YOU CANNOT TAKE
Low-fat milk and yogurt, butter (small amount), <i>queso fresco</i> or hard cheese, white or toasted bread, biscuits (not whole-grain), strained soup without vegetables, white rice and pasta (not brown), roasted white meat, roasted or boiled white fish, quince or peach in syrup, skinless and roasted apple or pear, strained juice, infusion, tea, coffee and non-fizzy drinks.	Whole milk, fat, whole-grain products, salads, vegetables and legumes, fruit, potatoes, red meat, oily fish, lunch meat, chocolate, cakes, nuts and fizzy drinks.

1
day before

LIQUID DIET without dairy products

Water, home-made strained soups, strained fruit juice, sports drinks, infusion, tea, coffee and non-fizzy drinks.

Instructions for taking CITRAFLEET

If your appointment is **IN THE MORNING** (before 12am)

At 6pm on the day before your examination, please dissolve the first sachet of Citrafleet in a cup of water and drink the mixture. Then, in the afternoon, **drink 2 LITERS of clear fluid drinks** (home-made strained soups, Isostar or Gatorade, strained juices, non-fizzy drinks, water, tea, coffee and infusions with or without sugar).

VERY IMPORTANT: You can drink all the clear fluid drinks you want, preferably meat or ham HOME-MADE STRAINED SOUPS AND SPORTS DRINKS such as Isostar or Gatorade (do not take just water).

At 10pm on the day before your examination, please dissolve the second sachet of Citrafleet in a cup of water and drink the mixture. Then, **drink 2 LITERS of clear fluid drinks.**

Do not take solids and liquids (even water) 4 hours before the procedure.

If your appointment is IN THE MORNING (from 11am to 3pm)

At 9pm on the day before your examination, please dissolve one sachet of Citrafleet in a cup of water. You must **COMPULSORILY** keep drinking **2 LITERS of clear fluid drinks** (home-made strained soups, Isostar or Gatorade, strained juices, non-fizzy drinks, water, tea, coffee and infusions with or without sugar) until taking the second sachet.

VERY IMPORTANT: You can drink all the clear fluid drinks you want, preferably meat or ham HOME-MADE STRAINED SOUPS AND SPORTS DRINKS such as Isostar or Gatorade (do not take just water).

At 7am on the day of your examination, please dissolve the second sachet of Citrafleet in a cup of water. You must **COMPULSORILY** drink **2 LITERS of clear fluid drinks**. After drinking these 2 liters, you have to be **fasting** (neither solids nor liquids) until the time of your examination.

If your appointment is IN THE AFTERNOON (after 3pm)

At 7am on the day of your examination, please dissolve one sachet of Citrafleet in a cup of water. You must **COMPULSORILY** keep drinking **2 LITERS of clear fluid drinks** (home-made strained soups, Isostar or Gatorade, strained juices, non-fizzy drinks, water, tea, coffee and infusions with or without sugar) until taking the second sachet.

VERY IMPORTANT: You can drink all the clear fluid drinks you want, preferably meat or ham HOME-MADE STRAINED SOUPS AND SPORTS DRINKS such as Isostar or Gatorade (do not take just water).

At 11am on the day of your examination, please dissolve the second sachet of Citrafleet in a cup of water. You must **COMPULSORILY** drink **2 LITERS of clear fluid drinks**. After taking these 2 liters, you have to be **fasting** (neither solids nor liquids) until the time of your examination.

VERY IMPORTANT: For an appropriate cleanliness of your colon and do not have to return for another examination, YOU MUST TAKE THE VOLUME OF LIQUID HERE RECOMMENDED.

If the colon is not thoroughly cleansed, small lesions requiring treatment may be overlooked.

*** If your feces are not liquids and clear, a FISIOENEMA 250 ML (NDC 202574.5) may be performed 2 hours before the examination.***