



## Colon cleansing instructions:

Medication for preparation: CitraFleet® Powder to dissolve and take (3 sachets)

Optimal bowel preparation is particularly important for the quality of the examination and to avoid repeat examinations. We therefore ask you to pay close attention to the following laxative measures.

### 5 days before the colonoscopy:

Please eat:

- low-fiber diet
- no products containing grains (e.g. muesli, whole grain products, flax seeds, fruit with small seeds, e.g. grapes, currants, etc.)
- no vegetables with small seeds (i.e. no peppers, no tomatoes, etc.)
- no jam with fibers or grains
- no lettuce or spinach, no fibrous products, no swelling agents (e.g. wheat bran)

The following drinks are not allowed:

- Red or dark drinks or juices that are difficult to see through

### The day before the examination:

Light breakfast:

1-2 slices of white or toast bread with jam (without pieces of fruit), honey or sausage (no whole grain products, no grains).

1-2 cups of coffee or tea (sugar, sweetener or honey for sweetening are allowed).

Not allowed: large amounts of dairy products and cheese.

#### 1 p.m.:

**1. Bag** CitraFleet® Dissolve in a glass of still water (150 ml) and drink quickly. Then drink 1.5 to 2 liters of clear liquid within 1-2 hours.

#### 6 p.m.:

**2. Bag** CitraFleet® Dissolve in a glass of still water (150 ml) and drink quickly. Then drink 1.5 to 2 liters of clear liquid within 1-2 hours.

For dinner, please only drink clear broth without any additives!

### Important!

Throughout the day - if possible - also drink clear liquids (e.g. still water, light tea, clear broth or

fruit juice diluted with water).

**On the day of the examination:**

Do not eat anything for breakfast (still water or light tea such as peppermint or chamomile are permitted).

3 hours before the examination **3. Bag** CitraFleet® Dissolve in a glass of still water (150 ml) and drink quickly. Then drink 1.5 to 2 liters of clear liquid (not broth).

At the end of the preparation, the intestinal contents should be light yellow and watery without any solid components - then you are optimally prepared.

Please wear casual clothing (e.g. T-shirt & jogging pants) and bring your “comfortable blanket” with you in case you get cold quickly.

24 hours after examination and sedation with propofol® you are not allowed to drive a car! Please bring someone with you on the way home!

For the endoscopic examinations we need the following blood values from your referring doctor, which must not be older than 1 week: small BB, pTT and quick value. Alternatively, these blood values are determined in advance in our practice.

If you have any questions or problems, you can reach us on our practice number!

**Important:**

For the success of your endoscopic examination and to avoid a repeat examination, it is important to take in total **3 bags** CitraFleet® Powder absolutely necessary!

Thank you!

Your Unique Medicine team