



How to prepare for the examination

Colonoscopy – preparation with CitraFleet

Colonoscopy – a procedure that uses a special tube (speculum) introduced through the rectum to look inside the entire large intestine (the colon). This is performed with a narrow, flexible instrument known as a colonoscope, measuring between 130 and 200 cm. The visual tracks in the colonoscope make it possible to present images from inside the gastrointestinal tract at an adequate magnification level on a colour monitor. The purpose of the examination is to assess the mucosal surface of the large intestine. With the use of additional instruments, it is possible to collect mucosal specimens for histopathological examination and perform endoscopic procedures, which often help patients avoid surgical interventions.

Information about your health that must be reported to the physician performing the examination:

- aggravation of the ischemic heart disease
- arterial hypertension
- aortic aneurysm
- breathlessness at rest
- susceptibility to bleeding (haemorrhagic diathesis)
- pregnancy
- menstrual bleeding on the day of the examination
- allergy to drugs
- glaucoma
- psychiatric diseases
- any sudden discomforts experienced during the examination

- Patients suffering from diabetes should make this fact clear while registering for the examination because they should undergo the examination in the morning. They should also consult the pre-examination procedures with their physician.

How to prepare for the examination

1. Diet

- Three (3) days before the examination: do not eat bread with grains, stone fruit (e.g. grapes, tomatoes, kiwi, and strawberries), linseed, poppy seed or sesame. Stones, grains and seeds lingering in the intestine will impede the performance of the examination.
- One (1) day before the examination:
 - The breakfast should be easily digestible, e.g. a bun or a slice of bread with butter, cheese, hard-boiled egg, a rasher of ham, any amount of water, tea, coffee without grounds (black or white) and clear juice.
 - Around 1.00 - 3.00 pm, you can eat a cream-type soup or strained stock.
 - Do not consume any meals from 3.00 pm onwards. You can drink clear liquids: water, tea, juice, or suck on hard candies.
- On the day of the examination:
 - Do not consume any meals.
 - You are allowed to suck on hard candies.
 - You can drink any amount of clear beverages, including water or tea, not later than 2 hours before the scheduled hour of the examination.

2. Taking the preparation

1. The CitraFleet preparation is taken orally in two doses of 150 ml each. Pour the contents of one sachet into a cup of cold water (about 150 ml). Stir up for 2-3 minutes. If the preparation heats up while stirring, wait before you drink the entire solution until it cools down. Drink the cloudy suspension immediately after preparation.

2. After taking each dose, drink 2 litres of water in 250 ml portions every hour. After taking the first dose – drink 2 litres, after taking the second dose – drink 2 litres. This amounts to 4 litres altogether.

3. Take the medication as instructed, at the time indicated below or prescribed by your physician.

- Option I – examination in the morning hours 7.00 am - 12.00 am

The first sachet at 4.00 pm (on the day before the examination), the second sachet at 10.00 pm (on the day before the examination)

- Option II – examination in the afternoon hours 1.00 pm - 6.00 pm

The first sachet at 10.00 pm (on the day before the examination), the second sachet at 6.00 am (on the day of the examination)

- Option III – examination in the evening hours 7.00 pm - 11.00 pm

1 the first sachet at 6.00 am (on the day of the examination), the second sachet at 12.00 am (on the day of the examination)

4. Practical tip: it is worth setting an alarm clock every hour to remember to drink the subsequent portions of the liquid.

5. Do not drink anything once you have taken the first dose of CitraFleet. However, remember to drink water.

While preparing for the colonoscopic examination, you will experience frequent bowel discharge (diarrhoea), with liquid (watery) content at the end.

3. Medication

- Discontinue any iron-containing preparations.
- If you take antiaggregative drugs, such as Aspirine, Acard, Ticlid, etc. – consult the physician who prescribed the drugs.
- If you take anticoagulants – Sintrom, Syncumar, Acenocumarol, Warfarin – consult your anticoagulant treatment and a change of drugs to low-molecular heparin with the physician.
- Your other regular drugs should be taken as instructed by the physician, preferably 2 hours before or after taking the laxative.

On the day of the examination

1. On an empty stomach (without consuming any food), you can drink still mineral water not later than 2 hours before the examination

IMPORTANT! If the examination is performed under anaesthesia, then you can drink water not later than 6 hours before your examination.

2. Present your ID card and the referral before your examination. If your referring physician or an anaesthesiologist ordered certain tests before your colonoscopy, remember to bring the relevant results along.

Examination under general anaesthesia – “sleeping without feeling anything”

1. The colonoscopic examination can be performed under general anaesthesia. Upon intravenous administration of an anaesthetic, the patient falls asleep for about several minutes and wakes up once the procedure is over. It is a shallow anaesthesia which does not require tracheal intubation.
2. If your colonoscopic examination is scheduled for the late morning hours, apply a one-day model, beginning from around 4.00 pm and taking the second portion of the preparation at around 8.00 pm.

After the examination

1. After the examination, you can experience flatulence and intestinal spasms caused by the air introduced into the intestine during the procedure. This sensation subsides after breaking winds.
2. When a discomfort appears - flatulence, spasmodic abdominal pains – you should take Espumisan (3x2 tab.) or No-Spa (3x1 tab.).
3. After the examination, it is recommended that you resume your daily diet. If the examination is performed under general anaesthesia, an easily-digestible food can be consumed from the moment indicated by the anaesthesiologist.
4. Resign from driving vehicles or operating other moving machines for at least 12 hours after general anaesthesia, because your physical and mental fitness may be impaired.
5. If your colonoscopic examination was performed under general anaesthesia, you will remain under supervision for 1-2 hours. You will need somebody to take you home after the procedure. If you do not remember the instructions you received after the examination, contact your physician the next day.