

**On the test day, YOU MUST HAVE EATEN NOTHING IN THE LAST 4 HOURS (NIL BY MOUTH) and ATTEND ACCOMPANIED.**

A proper colon examination requires optimal cleansing of the colon. This avoids possible repetition of tests and improves the diagnosis of colonic lesions. We therefore recommend you strictly follow the instructions below.

#### **MEDICATION AND DIET:**

- If you are taking anti-inflammatory drugs (aspirin, ibuprofen, etc.), anti-platelet drugs or drugs containing iron, you should stop taking them in the 7 days before the examination, consulting your doctor if necessary.
- If you take anticoagulants (acenocumarol), you will stop taking them at least 5 days before the test. They will be replaced by heparin, as instructed by the requesting physician or your GP.
- In case of chronic constipation, take 2 sachets of MOVICOL® per day, 3 days before the test.

#### **BOWEL PREPARATION:**

##### **2 days before the examination: LOW-RESIDUE DIET**

***Foods allowed: Rice and pasta, broths, grilled or boiled meat and fish, hard cheeses, biscuits without fibre, toast, filtered juices, infusions, tea, coffee, and non-fizzy drinks.***

***Foods not allowed: Salads, vegetables and legumes, fruit, potatoes, meat and fish in sauce, sausages, milk, fats, cakes and fizzy drinks.***

##### **1 day before the examination: LIQUID DIET**

- ✓ Water, filtered broths, strained juices, infusions, tea, coffee, and isotonic drinks.

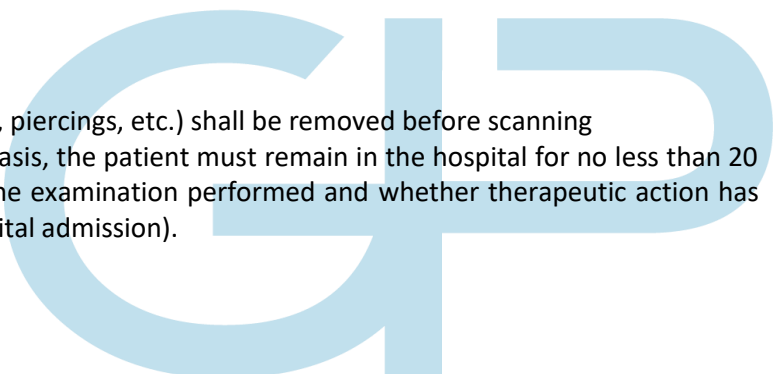
#### **INSTRUCTIONS FOR TAKING CITRAFLEET®**

**IF THE TEST TAKES PLACE IN THE MORNING**, the day before the test, at 6 p.m., you should take one sachet of CITRAFLEET diluted in a glass of water (250 cc) and then drink at least 2 litres of clear liquids (water, clear broths, herbal teas, isotonic drinks), and at 9 p.m. you should take the other sachet of CITRAFLEET diluted in a glass of water (250 cc) and then drink at least 2 litres of clear liquids (water, broth, broth, herbal teas, isotonic drinks).

**IF THE TEST IS IN THE AFTERNOON**, you will start taking the first sachet of CITRAFLEET at 07:00 a.m. the day before the test in a glass of water (250 cc). Then, drink at least 2 litres of clear liquids (water, clear broths, herbal teas, isotonic drinks). The second sachet of CITRAFLEET will be taken at 10 a.m. on the day of the test, diluted in a glass of water (250 cc), followed by 2 litres of clear liquids (water, broth, herbal teas, isotonic drinks).

#### **CARE ON THE EXAMINATION DAY**

- All metal objects (watches, rings, bracelets, piercings, etc.) shall be removed before scanning
- If the test is performed on an outpatient basis, the patient must remain in the hospital for no less than 20 minutes, depending on the complexity of the examination performed and whether therapeutic action has been taken (sometimes even requiring hospital admission).



- You must be accompanied to the test as it is performed under sedation, and you must not drive or engage in any other hazardous activity within four hours of the end of the test.

**(\*) Contraindications:** Severe heart and/or kidney failure.

Due to the effect of the medication, you will have a big bowel movement that will begin 30-60 minutes after starting the medication.

**(\*) Do not take CitraFleet and consult your doctor if you:**

- **You are allergic** (hypersensitive) to sodium picosulphate, magnesium oxide, citric acid or any other ingredients of CitraFleet.
- **You have congestive heart failure** (your heart cannot pump blood properly through your body).
- **You have a condition called gastric retention** (your stomach does not empty properly).
- **You have a stomach ulcer** (sometimes called a gastric or duodenal ulcer).
- **You have a blockage of the bowel or inability to have regular bowel movements** (sometimes called ileus).
- **Your doctor has told you that you have a damaged intestinal wall** (also called toxic colitis).
- **You have a swollen large bowel** (also known as toxic megacolon).
- **You have recently been vomiting or feeling sick (nausea or vomiting).**
- **You are very thirsty or think you might be severely dehydrated.**

- Failure to comply with the instructions may lead to having to repeat the test.

- You will need to provide signed Informed Consent.

- The date indicated will not be valid if you do not attend the Patient Care Service beforehand.