

Afternoon appointment

## **Preparation for Endoscopy with Citrafleet / Picoprep**

The colonoscopy is performed with a flexible plastic device (endoscope) about the thickness of a index finger. To have a good overview, the bowel must be prepared. **A well-cleaned bowel is your contribution to a successful and comfortable examination.** Please prepare yourself according to this guide and not according to the leaflet, because only then can a good bowel cleansing be ensured.

- **1 week bevor the examination** you should eat only small amounts of grainy or seed-containing food (e.g., full-grain bread, muesli, tomatoes, raspberries, etc.).

### **On the day before the examination:**

**24 hours bevor the procedure** you should not eat at all (any solid food).

You should, however, drink plenty of clear fluids (tea, water, clear broth, clear juices, black coffee, soft drinks, etc.), but please do not drink milk.

- **At 10:00 p.m. take 2 laxative tablets**, that you received at the practice.

### **On the day of the examination:**

#### **First dose of Citrafleet / Picoprep:**

- **At 7.00 a.m.** dissolve the contents of one sachet in 150 ml of water. Stir for 2–3 minutes. If the solution gets warm while stirring, let it cool (the cloudy appearance of the solution is normal). As soon as the solution is ready to drink, please drink the entire amount immediately. Only mix the second sachet just before the second dose.

From this point, please drink at least 2–3 liters of fluids of your choice.

#### **Second dose of Citrafleet / Picoprep:**

- **At 10.00 a.m.** the second dose of Citrafleet / Picoprep is taken; as with the first dose, dissolve the contents of one sachet in 150 ml water. Please drink immediately!

**2 hours before the examination do not drink anything at all!!**

**Please bring a large towel!**

Medication can usually be taken as before. Check whether blood-thinning medications may need to be stopped in advance.



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**Opening hours:**

Mo, Tue & Thu: 8.00 – 17:00  
Wed & Fr: 8:00 - 13:00

*Your examination date:*

\_\_\_\_\_, *the* \_\_\_\_\_

*at* \_\_\_\_\_

