

Preparing for a colonoscopy using Citrafleet colonoscopy preparation

You are scheduled to undergo a colonoscopy.

Colonoscopy is an examination to investigate diseases of the colon (large intestine) or lesions predicting them.

The doctor performs the examination with the aid of a flexible colonoscope, which is inserted into the colon through your anus. During a colonoscopy, the doctor looks at the intestinal mucosa and takes biopsies, if necessary.

The taking of biopsies does not cause any pain. Some minor procedures may also be performed in connection with the colonoscopy.

During the examination, carbon dioxide gas is inserted into the colon. This makes it easier for the doctor to see the mucosa. The gas inserted into the colon during the examination and the distension caused by the colonoscope may cause temporary pain. You get pain medication during the examination if you need. You are not allowed to drive a motor vehicle during the same day if you have been given medication during the examination. Arrange for a pick-up from the hospital if you think you need medication.

Please note

Call the Endoscopy Unit no later than a week before your scheduled colonoscopy, if:

- you are using anticoagulants (blood thinners) and you have not been given instructions on dosing on the days before the examination.

Anticoagulants include medications, such as Marevan®, Pradaxa® and Plavix®.

- If you have a pacemaker
- If you have diabetes that is treated with insulin
- If you are pregnant.

You can take your regular medications as normal with water.

Take the following as normal:

- heart medications
- medications for hypertension
- medications for epilepsy
- medications for asthma.

If using laxatives, do not take them while taking Citrafleet.

If you have a stoma, take the accessories you use in stoma care with you when you come in for your colonoscopy.

Preparing for the colonoscopy

The colonoscopy will be successful if the colon is empty. Follow the instructions below when getting ready for your colonoscopy.

Stop taking iron supplements a week before the colonoscopy.

Stop eating foods that contain seeds 2–3 days before the colonoscopy.

Eat easily digestible low-fibre foods, such as breakfast cereal, eggs, white meat and fish, white bread, cottage cheese, rice and white pasta.

Go to a pharmacy for a colonoscopy preparation called Citrafleet®. The package contains instructions on how to prepare the drink.

On the day before the colonoscopy

You can eat a light breakfast.

At around 1 pm, you can have a light soup lunch, e.g. a creamed vegetable soup.

Do not eat any solids after 2 pm.

You may only drink liquids after this.

These include

- clear soft drinks
- clear soup
- broth or soup that has been sieved
- fruit juice, tea, coffee and water.

Do not drink juices that contain fruit pulp.

Please note that drinking Citrafleet alone is not

enough to clean the bowel.

Drink plenty of fluids to ensure that Citrafleet works.

Drinking the colonoscopy preparation

Drink the first dose of Citrafleet between 3 pm and 5 pm.

After drinking the dose, wait for half an hour.

After this, drink at least 2 litres of the other fluids listed above.

Drink the second dose of Citrafleet Between 9 pm and 11 pm.

After this, drink at least 2 litres of the other fluids.

The interval between the two Citrafleet doses is about 6 hours.

On the day of the colonoscopy

You may only drink fluids on the day of the colonoscopy.

The duration of the examination varies between patients. There may be changes in doctors' schedules, due to urgent emergency examinations.

You should reserve sufficient time for your examination.

There is generally no need to stay in for observation after a colonoscopy.

Contact information

Satakunta Central Hospital
Monday–Friday, 8 am–3 pm
Endoscopy Unit, nurses
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