

	PATIENT INSTRUCTIONS FOR COLONOSCOPY	Ver.	Rev.	04
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The patient must obtain 4 sachets of CitraFleet (each containing 15g of powder) from the pharmacy and follow the instructions step by step:

TWO (2) DAYS BEFORE THE EXAMINATION:

The patient's last meal must be consumed by 5:00 PM two days before the examination.
From that point onward, only clear liquids should be consumed.

ONE (1) DAY BEFORE THE EXAMINATION:

1. At 12:00 PM: Dissolve 2 sachets of CitraFleet in a glass containing 300 ml of cold water. Due to a chemical reaction, the liquid may warm slightly—this is completely normal. Wait 5 minutes for it to cool before drinking.
2. **30 minutes after drinking the dose, it is MANDATORY to consume 3 liters of clear liquids within the next 3 hours.**
3. At 5:00 PM: Repeat the above process by dissolving 2 sachets of CitraFleet in 300 ml of cold water, allowing it to cool for 5 minutes, and drinking it.
4. **30 minutes after drinking the dose, it is MANDATORY to consume 3 liters of clear liquids within the next 3 hours.**

ON THE DAY OF THE EXAMINATION:

1. Do not consume any food or liquids on the day of the examination.
2. Arrive at the clinic at the scheduled time.

IMPORTANT NOTES:

1. Liquids Allowed: Only clear, transparent liquids (**NO RED-COLORED LIQUIDS**). Primarily clear broth (this is essential) and other light-colored transparent liquids, natural water, or water with sugar.
2. After consuming CitraFleet and the detailed liquid intake, patients will experience frequent bowel movements throughout the day until the bowel is completely emptied. Therefore, it is recommended to stay at home the day before the examination.
3. For Patients Taking Blood Thinners: Blood thinners **MUST BE DISCONTINUED** at least 3 days prior to the examination, depending on the type and medical condition. **WARNING:** The discontinuation of blood thinners must always be done **AFTER CONSULTING THE PRESCRIBING PHYSICIAN** and **FOLLOWING THEIR GUIDANCE**. In some cases, the doctor may substitute the blood thinner with another during this period. After the examination, the blood thinner medication regimen will continue as usual.
4. For Patients with Diabetes: **HALVE** the usual medication dose on the day of the examination.
5. For Patients with Hypertension: **DO NOT TAKE** morning medication on the day of the examination. Resume normal medication routine before and after the procedure.
6. Accompaniment: The patient must be accompanied by one person (a family member or relative) on the day of the examination.
7. Other Medications: Medications not mentioned above should **BE TAKEN AS USUAL**, with a small amount of water.
8. **Failure to follow the above preparation procedure in any aspect may result in the cancellation of the examination.**

To schedule this examination at Klinika Kajo, please book an appointment in advance at the reception desk or via the following numbers:

Mobile: +355 (0) 68 200 30 77 / +355 (0) 67 200 30 77
Working Hours: Monday – Friday, 8:00 AM – 7:00 PM