



Citrafleet Advice for Patients

Although we enclose the manufactures instructions for you to read, we do however ask that you follow our instructions below.

SEVEN DAYS BEFORE THE EXAMINATION - Stop taking all iron tablets.

THREE DAYS BEFORE THE EXAMINATION

To allow a clear view of your colon it needs to be completely free of waste material, so please follow the detailed instructions in this section below.

Start a Low Residue diet (low fibre diet) three days before the day of your procedure appointment. The table below tells you which day of the week to start the low residue diet and which day to take the Citrafleet;

Day of Appointment	The day to start the Low Residue Diet	The day to drink only clear fluids and take the CitraFleet
Monday	Friday Before	Sunday Before
Tuesday	Saturday Before	Monday Before
Wednesday	Sunday Before	Tuesday Before
Thursday	Monday Before	Wednesday Before
Friday	Tuesday Before	Thursday Before
Saturday	Wednesday before	Friday Before
Sunday	Thursday before	Saturday Before

LOW RESIDUE DIET (low fibre) -the following foods **are** suitable

Dairy Products -Milk and milk drinks, butter and margarine, eggs, cheese

Meat Products -White meats, lamb, skinless chicken, boneless fish battered fish like fish fingers and poached fish

Breakfast Cereals - Cornflakes, Rice Crispies, Frosties, Sugar Puffs and Special K without fruits

Puddings - Plain Cakes, boiled Sweets, rice pudding, tapioca, semolina, custard, clear jelly, plain ice cream, steamed sponge puddings, plain biscuits, and plain milk chocolate

Carbohydrates, starchy foods - Plain pasta, white rice, chapatti white bread, cream crackers, potatoes without skins such as mashed or boiled potatoes.

Information for Patients

FOODS TO AVOID (high fibre) -the following foods should be **avoided three days** before your colonoscopy

- Wholemeal bread, crackers, coarse cereals such as all Bran, Weetabix
- All fruit except fruit juice, pudding with nut or fruit
- All vegetables except potatoes (avoid potato with skins on), baked beans
- Fruitcake, nuts, pips, seeds and skins of fruit (cooked or in jam)
- Pickles, tough meat red meat, sausages, pies, herrings
- Any fish with fine white bones, high fibre crispy breads and whole-wheat crackers

THE DAY BEFORE THE PROCEDURE

Today you need to take the CitraFleet, which is a strong laxative.

Do not eat any food today.

Do not drink any fluids that contain any solid bits or drinks with milk in.

Drink at least a tumbler full of clear fluids hourly.

Clear fluids include, water, black tea, black coffee, squash, Bovril, Oxo, clear soups, jelly (orange, lime or lemon) and glucose drinks eg. Lucozade, Lemonade

Take one sachet of CitraFleet at **9.00am**, mixed with 200mls of water. The CitraFleet solution may become hot, wait for it to cool sufficiently to drink. Continue to drink clear fluids hourly.

Take the second sachet of CitraFleet at **3.00pm**, mixed with 200mls of water and continue to drink clear fluids for the rest of the day.

CitraFleet is a very strong laxative (bowel opening medicine) and can result in diarrhoea soon after it is taken. It is very important to have close access to a toilet.

Side effects

CitraFleet can cause tummy discomfort, cramps or pain. It can also cause fluid loss, resulting in headaches and/or dehydration; this can be avoided by drinking plenty of clear fluids hourly, especially during hot summer months. Please refer to the manufactures leaflet for less common side effects.

Please continue to drink clear fluids up to 2 hours prior to your appointment time.

If you need any further information, please contact the unit where your appointment is;

SOLIHULL HOSPITAL - 0121 424 5394 (answerphone)

HEARTLANDS HOSPITAL - 0121 424 0438

GOOD HOPE HOSPITAL - 0121 424 9506 (answerphone)

BOWEL CANCER SCREENING PATIENTS - 0121 424 9373 (answerphone) or the Specialist Screening Practitioner who saw you in clinic.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk