



FT-R-PREP-0001I

## Preparation for VIRTUAL COLONOSCOPY

3 days before the examination must make a low-residue diet, the last food intake the day before the test.

The night before the examination should follow these instructions.

Take two tablespoons of Gastrografin (10 ml) every 15 minutes starting at 20h and ending at 22:15 h.

Intakes would be as follows:

20h 20:15h 20:30h 20:45h 21h 21:15h 21:30h 21:45h 22h 22:15h
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- During these 2 hours 15 minutes should drink plenty of fluids AQUARIUS brand.

Gastrografin can pick any of the Creu Blanca reception the day before the test on payment of 50 €.

If in doubt please contact the Customer Service Phone 902 20 22 30.

### RECOMMENDED DIET

#### BREAKFASTS

- Egg spent by water
- Toast of bread (Biscotes) with butter
- Juice of Fruit without flesh
- Coffee without Milk
- Infusions

#### FOOD 1

- Spaghetti spiced with Butter
- Filet of veal or fished to Plate
- Juice of Fruit without flesh (Leaked)
- 1 Not integral Biscote
- Coffee without Milk
- Infusions



### **DINNER 1**

- Broth of chicken with pasta of soup
- French Omelette.
- Juice of Fruit without flesh (leaked)

### **FOOD 2**

- Boiled rice with fried egg and without Tomato
- Chicken to the plate
- Juice of Fruit without flesh (Leaked)
- 1 Not integral Biscote
- Coffee without Milk
- Infusions

### **DINNER 2**

- Soup of rice
- Fish to the plate
- Juice of Fruit without flesh (leaked)

### **IT CANNOT EAT OR DRINK**

Fruits, Vegetables, Vegetables, Potatoes, Neither fish nor meats in Sauce, Sausages, Fats, Fruits, Pastry, Wholemeal bread, Milk, neither lacteal Derivatives nor Drinks With gas.