

Preparation for Virtual Colonoscopy

START 3 DAYS (72H) BEFORE THE EXAMINATION

Three days before the examination, it is necessary to follow a low-residue diet, with the last meal being the day before the test.

The nite before the examination, these instructions must be followed

- Every 15 minutes, starting at 8:00 PM and ending at 10:15 PM, you must take 10 ml of **GASTROGRAFIN** o **GASTROLUX** (approximately 1-2 tablespoons).
The doses would be organized as follows:

20 h · 20:15 h · 20:30 h · 20:45 h · 21 h · 21:15 h · 21:30 h · 21:45 h · 22 h · 22:15 h

- During these 2 hours and 15 minutes, it is essential to drink plenty of fluids, preferably an isotonic drink like AQUARIUS or similar.

Where to buy

You can purchase GASTROGRAFIN or GASTROLUX at any CreuBlanca center (cost 55€):

- **Clínica CreuBlanca:** P. Reina Elisenda 17, 08034 Barcelona. Reception 5th floor.
- **Diagnosis Médica:** Córcega 345, 08037 Barcelona. Main reception.
- **CreuBlanca Tarradellas:** Av. Josep Tarradellas 104, 08029 Barcelona. Main reception.
- **Hospital CreuBlanca Maresme:** Pablo Iglesias 43, 08302 Mataró. Main reception.

We can also send it to you via courier. In this case, you must send an email to atencionalcliente@creublanca.es indicating your ID, full name, phone number, and shipping address.

Además, deberá adjuntar el justificante de pago por un total de 55€ + 12€ de gastos de envío. El número de cuenta para la transferencia es: **ES87 2100 8635730200111475**.

If you are allergic to iodine or diabetic, call us at 93 412 12 12

RECOMMENDED DIET

Breakfast

- Soft-boiled egg
- Toast (biscuit) with butter
- Fruit juice without pulp (filtered)
- Black coffee (without milk)
- Infusions

Lunch

- Spaghetti dressed with butter / White rice with fried egg, without tomato
- Beef steak / Grilled fish / Grilled chicken
- Fruit juice without pulp (filtered)
- 1 white toast
- Black coffee (without milk)

Dinner

- Chicken broth with soup pasta / Rice soup
- French omelet / Grilled fish
- Fruit juice without pulp (filtered)

CANNOT EAT

Fruits, Vegetables, Legumes, Potatoes, Fish or meat in sauce, Cold cuts, Fats, Fruits, Cakes, Whole grain bread, Milk, Dairy products, Carbonated drinks