

VIRTUAL COLONOSCOPY PREPARATION FOR DIABETICS

MEDICATION:

- 1 bottle of GASTROGRAFIN (you can buy it at your usual pharmacy or in Creu Blanca)

THE PREPARATION WILL LAST THREE DAYS

1st day: During the FIRST DAY you have to follow a DIET POOR IN WASTE.

BREAKFAST, LUNCH 1, DINNER 1 or BREAKFAST, LUNCH 2, DINNER 2. (You will find the menu options on page 2)

2nd day: The SECOND DAY has to follow a DIET POOR IN RESIDUES.

BREAKFAST, LUNCH 1, DINNER 1 or BREAKFAST, LUNCH 2, DINNER 2.
(You will find the menu options on page 2)

You should also take 3 tablespoons of Gastrografin, one at each meal (lunch, snack and dinner) dissolved in a glass of water and plenty of fluids.

24 h before the exploration/ 3rd day: THE THIRD DAY WILL FOLLOW ONLY ONE DIET LIQUID.

You should take 5 tablespoons of Gastrografin, one during BREAKFAST, one in the MORNING, one during LUNCH, one at SNACK and one during DINNER dissolved in a glass of water and you should also have an infusion or strained fruit juice for breakfast, to lunch and dinner a clear pasta soup with boiled and well-blended fish (turmix), with plenty of fluids: water, infusions, etc... You can use sweeteners.

You must take half of your diabetes medication while on the liquid diet. Do not take your diabetes medication the morning of the test. You will take it again after the colonoscopy.

Exploration's day / 4th day: THE FOURTH DAY IS THE TEST

Come to our center at the agreed time and fasting for 6 hours. (You can drink infusions before 4-6 hours before doing the test.)

MENUS TO FOLLOW WHILE YOU ARE FOLLOWING THE PREPARING TO PERFORM A VIRTUAL COLONOSCOPY

BREAKFAST

- Boiled egg
- Bread toast (Biscotes)
With butter
- Fruit juice without pulp
(filtered out)
- Coffee without Milk
- Infusions

MEAL 1

Rice soup
Fillet of beef or fish to the iron
Fruit juice without pulp filtered out)
1 Non-whole wheat biscuit
Coffee without Milk
Infusions

MEAL 2

Clear pasta soup
Grilled chicken
Fruit juice without pulp (filtered out)
1 Non-whole wheat biscuit
Coffee without Milk
Infusions

DINNER 1

Clear chicken broth with soup paste
French omelette.
Fruit juice without pulp (filtered)

DINNER 2

clear rice soup
Grilled fish
Fruit juice without pulp (filtered)

YOU CANNOT TAKE: Fruits, Vegetables, Legumes, Potatoes, Fish or Meats in sauce, Sausages, Fats, Fruits, Pastries, Wholegrain Bread, Milk, Dairy derivatives or Carbonated Drinks.