

Preparation for VIRTUAL COLONOSCOPY

3 days before the examination must make a low-residue diet, the last food intake the day before the test (Recommended Diet in page 2)

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.

You can buy Gastrografin in a drugstore or in Creu Blanca (cost 55 €).

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

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.