

Virtual Colonoscopy Preparation Sheet

IT IS VERY IMPORTANT TO READ ALL THE FOLLOWING INSTRUCTIONS as set out below to empty your large bowel before the scan. The closer you can follow the instructions then the more accurate the test will be. You will need to **STAY CLOSE TO A TOILET IN THE DAY BEFORE THE EXAMINATION AT ALL TIMES AS THE GASTROGRAFIN IS A LAXATIVE WHICH CAN BE EXTREMELY EFFECTIVE.**

If you are taking iron tablets stop taking them 7 days before your scan.

You should have received a drink of Gastrografin to take as below. **Do not take the medication if allergic to IODINE or if you have difficulty in swallowing, and contact us.**

Please bring a dressing gown or coat with you.

TWO DAYS BEFORE YOUR SCAN:

You can eat low fibre foods including the following:

- milk (2 cups/day), plain yoghurt, cheese, butter, margarine
- white fish or chicken: boiled/ steamed/ grilled
- eggs, Tofu
- white pasta, white rice
- white bread, white pitta, white flour chapattis
- potatoes with no skin eg mashed, boiled
- smooth soups (no solid bits e.g. tomato soup), Bovril, Oxo
- clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces)
- salt, pepper, sugar, sweeteners and honey

Do not eat high fibre foods such as

- red meats, pink fish (e.g. salmon)
- fruit, vegetables, salad, mushrooms, sweetcorn
- cereals, nuts, seeds, pips, bran, beans, lentils
- brown bread, brown or wild rice, brown pasta
pickles, chutneys

Have plenty to drink from tea, coffee, squash, fizzy drinks, water, clear fruit juices (e.g. apple, grape, cranberry)

Suggested meals could include for example

Breakfast: White bread/toast with butter and honey
Boiled or poached egg

Lunch: Grilled fish or chicken with white rice and boiled potatoes (no skin) Scrambled eggs on white toast, vanilla ice cream

After lunch DO NOT EAT ANY MORE SOLID FOOD until after your scan. You can still have smooth soups with no bits (e.g. tomato, vegetable Bouillon), jelly, ice cream, Ambrosia custard, Complan drinks, Bovril and Oxo drinks, and water, clear juices, fizzy drinks, coffee and tea.

At 7.00pm:

Drink half the bottle of Gastrografin (50mls) – this is best done by mixing with an equal amount of water and some cordial – Blackcurrant Squash works well.

THE DAY BEFORE YOUR SCAN:

DO NOT EAT ANY SOLID FOOD. You can still have smooth soups (e.g. tomato, vegetable Bouillon), jelly, ice cream, Ambrosia custard, Complan drinks, Bovril and Oxo drinks, and water, clear juices, fizzy drinks and tea.

Drink as much fluid as you like, **but take AT LEAST 1/4pint (150mls) of FLUID EVERY HOUR ON THE HOUR during the daytime.**

At 7.00pm:

Drink the second half of the bottle of Gastrografin (50mls) – this is best done by mixing with an equal amount of water and some cordial – Blackcurrant Squash works well.

ON THE MORNING OF YOUR SCAN:

Do not eat any solid food, you may drink water or clear sugary drinks.

After the examination: You can eat normally when you have left the department. The examination usually takes one hour.

For female patients: If there is any chance of being pregnant please notify the department. If you take oral contraceptives the diarrhoea may reduce their effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of that cycle.