

PREPARATION VIRTUAL COLONOSCOPY

To obtain an optimal exam, we ask that you strictly follow the preparation mentioned below:

You must purchase at the pharmacy

- one (1) bottle of **CITROMAG** (10 oz.)
- three (3) tablets of **DULCOLAX** (5 mg)

You must also obtain at Radiologie Varad:

- two (2) bottles of Barium 2% oral 450 ml

A. PREPARATION THE DAY BEFORE THE EXAM

LIQUID DIET:

To ensure that you are well prepared for this exam, **you must start your liquid diet in the morning, and continue throughout the day until bedtime . You have to take one large glass (12-15 oz.) of water or any other clear liquid every hour.** Promote liquids rich in electrolytes (chicken broth, beef broth, Gatorade, etc.)

The following items are allowed:

- fruit juice (without pulp)
- clear broth or consommé
- jello
- tea or coffee (sugar but no milk)

NO MILK PRODUCTS

NO SOFT DRINKS

Drink **300 ml of Barium** at each "meal" time (breakfast, lunch, supper).

Laxatives are to be taken at:

- **4:00 pm** – drink one (1) bottle of refrigerated CITROMAG
- **7:00 pm** – take three (3) tablets of DULCOLAX

B. PREPARATION SAME DAY OF THE EXAM

- You must be **fasting (nothing to eat or drink)** from midnight until the time of exam.
- At all times, continue to **take your regular medications** by swallowing your pills with just enough water (**with the exception of insulin or oral hypoglycemics**), at least 4 hours before the exam.