

## PREPARATION FOR VIRTUAL COLONOSCOPY

For 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 be on a liquid diet beginning from when you get up in the morning and until you go to bed. You have to take 6-8 oz. of water or any other clear liquid every hour.**

The following items are allowed:

- Fruit juice (without pulp)
- Clear broth or consommé
- Jello
- Tea or coffee (sugar but no milk)
- Soft drinks

### NO MILK PRODUCTS

To color any remaining feces still within the colon, drink **300 ml of Barium at each "meal" time** (breakfast, lunch, supper).

### Laxatives are to be taken at:

- **4:00 p.m.** - Drink one (1) bottle of refrigerated **CITROMAG** (10 oz)
- **7:00 p.m.** - Take three (3) tablets of **DULCOLAX** (5 mg)

## PREPARATION FOR VIRTUAL COLONOSCOPY

### B. PREPARATION SAME DAY OF THE EXAM

You must be fasting (nothing to eat or drink) 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**).