

Patient's Preparation for Irrigoscopy / Virtual Colonoscopy

PREPARATION FOR IRRIGOSCOPY / VIRTUAL COLONOSCOPY

Your examination is on _____ at (time) _____

Please only eat light food
for two days before your examination (on _____)

Breakfast: Tea or black coffee with zwieback

Noon and evening: Clear soups (with no garnishes), boiled beef, chicken, fish, zwieback, white rice, pasta.

The following is prohibited: fat, fruit, vegetables, milk and dairy products, wholemeal bread or wholemeal rolls, pastries.

Please drink at least 2 to 3 liters of fluids (water, herb or fruit tea).

In the evening: Please take two tablets of **Dulcolax**.

One day before the examination (on _____)

Please follow the same diet as you did the previous day.

Take **X-Prep at 5 p.m.** (note the instructions on the package insert).

Before taking X-prep please have a light, fat-free meal.

Please do not eat any food after the intake of X-prep, but take large quantities of fluids (in all 2 to 3 liters).

On the day of the examination (on _____)

- **Irrigoscopy** - If the examination is in the morning (before noon):
Tea or black coffee with zwieback is permitted for breakfast.

- **Irrigoscopy** - If the examination is in the afternoon:
Please do not eat any food on the day of the examination.
You may drink a ¼ liter of (non-carbonated) water in the morning.
You may also drink tea or black coffee and eat zwieback during the last 2 hours before the examination.

- **For virtual colonoscopy (computed tomography)** -
Please do not eat or drink anything on the day of the examination!

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