



IMAGERIE MÉDICALE | MEDICAL IMAGING

WESTMOUNT SQUARE

1 Westmount Square, Suite C-210  
Westmount (Québec) H3Z 2P9  
Tél.: (514) 939-9764 Fax : (514) 939-9363  
www.radiologymontreal.com

## VIRTUAL COLONOSCOPY PREPARATION (VC)

**You should pick up, at least 5 days in advance, 900mls of Readi-Cat barium at Westmount Square Medical Imaging (suite C-210) before you begin your preparation.** The large bowel must be clean. The actual preparation begins **3 days** before the exam. You will be charged \$50, which will be deducted from the price of the exam.

### The 2<sup>nd</sup> day and the 3<sup>rd</sup> day before your exam:

- Eat light meals following the *Low Residue Diet* guidelines (see over);
- Drink plenty of liquids - 230ml (8oz) of liquid every hour (if possible).

### The day before your exam:

- Clear liquid diet all day up to midnight (see diet below);
- Diabetics can take as well 4 to 6 cans of ENSURE (to avoid hypoglycemia) the day before the exam up to midnight;
- All patients should drink 300 mls of Readi-Cat for breakfast, lunch and dinner for a total of 900mls;

### If your appointment is: in the morning

- The day before your exam, drink 1 pack of Pico-Salax at 8 a.m. and another one at 5 p.m.;
- Drink plenty of liquids – Especially, the next four hours after taking the Pico-Salax you must drink a minimum of 2-3 glasses of liquid per hour;

### If your appointment is: in the afternoon

- The day before your exam, drink 1 pack of Pico-Salax at 5 p.m. and another one 6 hours before your exam.
- Drink plenty of liquids – Especially, the next four hours after taking the Pico-Salax you must drink a minimum of 2-3 glasses of liquid per hour;

**The day of your exam**, all patients should be fasting as of midnight the night before.

- If you take blood pressure or heart medication, Prednisone or other steroids, take it before 7:00 a.m. with a sip of water only (all other medications should be taken after your virtual colonoscopy);
- After the exam, you must drink a lot of water for the next 2 days.

### **Kidney disease**

- Call your nephrologist for an alternate preparation if you suffer from kidney disease.

### **Definition of Liquid Diet**

Drink 170 – 230ml (6-8oz) of water per hour

- Filtered juice without pulp
- Tea, coffee, herbal tea (sugar but no milk)
- Beer (in moderation)
- Clear broth, consommé, Gatorade, Jell-O

**Please be advised, that you will only be reimbursed 50% if you decide, for whatever reason, to terminate the examination before it is finished and you will be charged for any cancellation within 24 hours.**

For more information, do not hesitate to contact the Imaging Appointment Centre at **514-939-9764**.



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### Low Residue Diet

**Instructions:**

- Limit your use of added fats (butter, cooking oil, margarine, mayonnaise) and high fat foods;
- Avoid alcoholic drinks and caffeinated foods and drinks (this includes, coffee, tea, caffeinated soft drinks and chocolate);
- Avoid foods with skins, membranes, seeds and nuts;
- Limit dairy products to 2 servings per day (see below);
- Limit meats and alternatives to 2 servings per day (see below);
- Consume items from the "Clear Fluids Diet" ;
- **LIMIT** your fiber intake to no more than **7g/day**.
  - You can determine this by adding up the fiber content listed in the nutritional facts table on the package of the food or drink that you want to ingest

**Dairy** (Max 2 servings/day; each of the items below represent one serving)

- 250ml Low fat milk
- 250ml Plain low fat yogurt
- 250ml Cottage cheese
- 50g Cheese
- 250ml Ice cream (plain, with no fruits or nuts)
- 250ml Milk pudding
- 250ml Custard

**Meat/Alternatives** (Max 2 servings/day; each of the items below represent one serving)

- 1 extra large egg (Or 2 small eggs): soft/hard boiled, scrambled, poached
- 2 tbsp creamy peanut butter
- 75 g Ground or well-cooked, tender, lean: beef, lamb, ham, veal, pork, poultry, fish, and organ meats

### **Examples of food you can ingest**

**Soups**

- Bouillon, broth, cream soups made with allowed ingredients (vegetables, meats, dairy)

**Desserts**

- Gelatin, Jell-O, fruit ice, Popsicle
- Plain cakes and cookies made with refined flour
- Pie made with allowed fruits and refined flour

**Bread/Cereal (no more than 7gr/days)**

- 1 slice White refined bread
- 6 Premium crackers
- 1 cup Puffed rice cereal/Rice Krispies
- 1 cup Cornflakes

**Potato & Potato Substitute (no more than 7gr/days)**

- 1/3 cup Cooked white rice
- 1/2 cup refined white pasta
- 1/2 medium boiled, baked, mashed white and sweet potatoes with no skin (max 1 per day)
- 1/2 English muffin

**Miscellaneous**

- Salt, pepper, sugar, spices (no seeds), herbs, vinegar, ketchup, seedless mustard, honey, syrup, oil, margarine, butter, smooth salad dressings (no seeds/nuts)

**Fruits & Vegetables (Grams fibre) (no skins, membranes, pulp or seeds; vegetables to be well-cooked)**

- 15 seedless grapes (red/green) with no skin
- 1 cup fresh cucumber with no skin
- 1 cup iceberg lettuce
- 1 cup cubed watermelon
- 1/2 cup canned tomato
- 1/2 cup cubed honeydew or cantaloupe melon
- 1/4 cup applesauce
- 1/4 cup cauliflower tips
- 1/4 cup celery
- 1/4 small banana