

## **CT COLONOSCOPY INSTRUCTION SHEET**

**Please note that normal medication can be taken at any time**

### **2 Days prior to your examination:**

- Please follow the diet sheet (suggested menu below) and drink one glass/cup of clear fluid (listed below) each hour throughout the day.
- At 9pm please take 20 mls of Gastrografin in a cup of water

### **1 Day prior to your examination:**

- No food but drink clear fluids throughout the day.
- At 9am and then at 9pm please take 20 mls of Gastrografin in a cup of water.

### **On the day of the CT Scan:**

- No food but continue with the clear fluids.
- Please bring the remaining Gastrografin with you when you attend for your appointment.

### **Foods you can eat:**

- Meat – lean meat such as chicken, turkey or rabbit
- Fish – white fish only (do not fry)
- Eggs – boiled or poached only
- Bread – white bread only
- Cereals – white rice or pasta only (boiled). No wholemeal varieties
- Fats - daily allowance of 25g / 1oz of butter or margarine
- Other – clear jelly or boiled sweets
- Clear fluids- water, black tea or coffee, fruit squash (not fruit juice), Marmite, Oxo, Bovril, soda water, flavoured water, herbal or fruit tea.

**You must drink one glass or cup of clear fluid from the list every hour during the day.**

### ***Suggested Menu:***

*Breakfast:* White toast, one egg, black tea or coffee  
*Lunch:* Clear soup, white fish or chicken, white rice  
*Dinner:* Clear soup, white fish or chicken, white rice or pasta, clear jelly



▶ Compassion



▶ Accountability



▶ Respect



▶ Integrity



▶ Courage