



VIRTUAL COLONOSCOPY (CTVC)

Two Days before your exam.

Follow a low residual diet all day. See page 2.

Time	Instruction
BED TIME	Drink 30mL bottle of Gastrografin mixed with one full 8-12 fl oz glass of water.

Day before your exam.

BEGIN THE LO-SO PREP BOWEL CLEANSING SYSTEM PREP. INSTRUCTIONS ARE LOCATED ON THE INSIDE COVER. CHECK THE BOXES AS YOU GO.

PLEASE FOLLOW THE INSTRUCTIONS BELOW IN ADDITION TO THE LO-SO PREP INSTRUCTIONS:

Time	Instruction
Breakfast	Drink one bottle of the TAGITOL V barium sulfate suspension with breakfast.
Noon	Drink one bottle of the TAGITOL V barium sulfate suspension with lunch.
7 P.M.	Drink last bottle of the TAGITOL V barium sulfate suspension in addition to the 8 fl oz glass of water.

LOW RESIDUE DIET

FOOD GROUP	RECOMMENDED	AVOID
Milk & milk products (2 or more cups daily)	All milk products	Low residue diet only 2 cups daily of all milk products
Vegetables (3 or more servings daily)	Lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash(without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	Vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on RECOMMENDED list
Fruits (2 or more servings daily)	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons	Fruit juices with pulp, canned pineapple, fresh fruit except those on RECOMMENDED list, prunes, prune juice, dried fruit, jam, marmalade
Starches–bread & grains (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal
Meat or meat substitutes (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas
Fats and oils (servings depend on caloric needs)	All oils, margarine, butter	Coconut
Sweets and desserts (servings depend on caloric needs)	All not on AVOID list	Desserts containing nuts, coconut
Miscellaneous	All not on AVOID list	Popcorn, pickles, horseradish, relish