



# DIET AND BOWEL PREPARATION SHEET CT VIRTUAL COLONOSCOPY

## Information for patients

### TWO DAYS BEFORE YOUR SCAN:

You can eat low fibre foods including the following:

- milk (2 cups/day), plain yoghurt, cheese, butter, margarine
- white fish or chicken: boiled/steamed/grilled
- eggs, Tofu, white pasta, white rice
- white bread, white pitta, white flour chapattis
- potatoes with no skin, e.g. mashed or boiled
- clear soups with no solid bits, e.g. sieved chicken noodle, Bovril, Oxo
- clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces)
- salt, pepper, sugar, sweeteners, and honey

Have plenty to drink from tea, coffee, squash, fizzy drinks, water, clear fruit juices (e.g. apple, grape, cranberry)

Suggested meals could include for example:

**Breakfast:** White bread/toast with butter and honey  
Boiled or poached egg

**Lunch/ Dinner:** Grilled fish or chicken with white rice and boiled potatoes (no skin)  
Scrambled eggs on white toast, vanilla ice cream

**Do not eat high fibre foods such as:** red meats, pink fish (salmon/mackerel), fruit, vegetables, salad, mushrooms, sweetcorn, cereals, nuts, seeds, pips, bran, beans, lentils, brown bread, brown or wild rice, brown pasta, pickles or chutneys.

### THE DAY BEFORE YOUR SCAN:

Have a light breakfast, choosing from the list of allowed foods (see above).

After this, **DO NOT EAT ANY SOLID FOOD** until after your scan.

You can still have clear soups (e.g. sieved chicken noodle soup, vegetable Bouillon), jelly, ice cream, Ambrosia custard, Complian. Drink plenty of fluids (tea, coffee, fizzy drinks, squashes, water, clear fruit juices, Bovril, Oxo) throughout the day. Drink at least ¼ pint (150ml) of fluid each hour during the daytime.

**If you are diabetic, please monitor your blood sugar carefully and seek medical advice if you start to feel unwell.**



## THE DAY BEFORE YOUR SCAN



**At 8.00am:** dissolve one sachet of **Picolax** in a cup of water and stir for 2-3 minutes. The mixture will get warm – let it cool down, then add more cold water and **DRINK IT ALL**.

**At 2.00pm:** dissolve the second sachet of **Picolax** in the same way and drink it all.

**You can take all your usual prescribed medications but try to take it at least two hours before drinking the Picolax solution and at least six hours after, or they may not take effect.**

Picolax is a laxative causing loose bowel motions taking effect within 2-3 hours, but this varies. There is often more effect after the second dose.

You should expect frequent bowel actions and eventually diarrhoea. Some intestinal cramping is normal. Use a barrier cream (i.e. Vaseline) locally after each bowel action to help reduce soreness around the anus.

**Please make sure you are near a toilet once commencing your bowel prep and remember to drink plenty of fluids.**

## THE NIGHT BEFORE YOUR SCAN



**Before going to bed,** mix the 50ml bottle of **OMNIPAQUE 240** in half a cup of water and **DRINK IT ALL**.

This drink will enhance the fluid in your large bowel overnight making the CT scan images much clearer. **Before taking the Omnipaque, please inform the CT Radiographers on 02072883951 if you have an allergy to iodine or have had an allergic reaction to CT contrast in the past.**

**ON THE DAY OF YOUR SCAN:** Drink plenty of clear fluids from the list but **DO NOT EAT** any solid food. Diabetic patients may eat non-solid food from the list overleaf.



### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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Date published: 23/02/2024  
Review date: 23/02/2026  
Ref: ACW/Imag/D&BPPOCTVC/01

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