

## COLONO TC

Your specialist doctor believes it is appropriate to make an adequate diagnosis and treatment by carrying out a colono-TC

The objective of this treatment is to study the wall of the colon, for which the intestine must be clean of any residue, this is achieved with the diet provided to you which must be performed.

The remaining residues in the gut must be "died" with a contrast medium, Gastrografin, which you will take in the days prior to the scan. It may be the case that the contrast medium causes diarrhea, while it is mild, it is advisable to continue the preparation. The study will be performed by Computerized Tomography, CT, an X-ray device that allows the study of both the colon and the rest of the abdomen, in a quick and non-invasive way. If the radiologist responsible for the scan considers it necessary, an iodized contrast medium will be administered.

For the realization of the Colono-TC, you will be placed on the TC table and a catheter will be inserted in the rectum through which air will be inflated (to facilitate a more accurate visualization of the colon wall), it may be minimally uncomfortable but not painful, so no anesthetic or sedation will be needed.



DURATION:

20 min.



FEEDING:

Fasting 6h  
Specific diet



MEDICATION:

Gastrografin  
Nutrison

## THREE DAYS BEFORE

### 1ST DAY / DIET WITHOUT RESIDUES / FIBER

**DO NOT EAT:** Vegetables, Legumes, fruit, cold meats, full-cream milk, Carbonated drinks, sauces, whole grain bread.

**YOU CAN EAT:** Lean meat, Chicken, fish (grilled, steamed, baked)

Fat-free broth, pasta, White rice, White bread, skim milk and natural juices filter or pulp-free.

**\* IMPORTANT: Drink water (2 liters) or tea.**

### 2ND DAY / DIET WITHOUT WASTE / FIBER + GASTROGRAFIN

**Follow the same diet as the previous day**

**GASTROGRAFIN 3 TIMES DAILY:** After lunch, after snack and after dinner.

\*\* Preparation: one lid measurement diluted in a glass of water

**\* IMPORTANT: Drink water (2 liters) or tea.**

### 3RD DAY / DIET EXCLUSIVELY LIQUID + GASTROGRAFIN

**Dieta igual día anterior**

**Liquid diet:** water, tea, filtered juice, broth, Nutrison standard

**GASTROGRAFIN 5 TIMES DAILY:** breakfast, mid-morning, lunch, mid-afternoon, and after dinner.

**Nutrison standard:** Food supplement to be distributed throughout the day.

## COLONO TC

### THE SAME DAY

- You must fast for 6 hours.
- You can take your usual medication with water.
- Entrance by the Córcega street 194.

### AFTER THE SCAN

- After the scan you may notice some discomfort with gas sensations, in this case go to the bathroom, thus expelling the introduced air.
- When you get home, to eliminate the air accumulated in the intestine, we recommend resting lying face down or on your left hand side and perform a massage in the abdomen in a clockwise direction.