

INSTRUCTIONS FOR THE FULL BODY CHECK-UP

Process

- At the agreed time you will stay in the center
- Remember to arrive on an empty stomach and having carried out the necessary preparation to perform the virtual colonoscopy (You will find the preparation instructions at the end of this document).
- We recommend you to go wearing comfortable clothes.
- The set of tests will begin with a visit with the check-up co-ordinator.
- The check-up usually lasts all morning.
- Before leaving the centre, a new appointment will be scheduled for the delivery of the results with the co-ordinating doctor of your check-up.

Protocol

- Complete medical examination
- Ophthalmological and hearing control
- Blood and Urine Analysis: Haematology, Anaemia Study, Control mRenal, Lipid, Hepatic (Liver Function and Protein Assessment), CK, LDH, Urine, Thyroid Function, Insulin Function, Hepatitis Study, Tumour Markers (CEA [generic marker], CA-19.9 [Marker Gastrointestinal] and PSA [Prostate marker] in Men and CA-125 [ovarian cancer marker] in women)
- Complete cardiology examination
- Abdominal ultrasound
- MRI of the skull
- Full Body Multi-detector Diagnosis (Whole Body), a scan is performed from the head to the ankle
 - Complete Neurological CT
 - Abdominal CT and Thoracic CT
 - Vascular CT Screening
 - Cardiac DMD
 - Virtual Colonoscopy

VIRTUAL COLONOSCOPY PREPARATION

3 days before the examination, you should follow a light diet, the last meal being the day before the test (Recommended Diet on page 2).

The night before the examination, you must follow the following instructions.

- Drink GASTROGRAFIN (approx. 2 tablespoons) every 15 minutes starting at 8:00 p.m. and ending at 10:15 p.m.

The intakes would be as follows:

20:00, 20:15, 20:30, 20:45, 21:00, 21:15, 21:30, 21:45, 22:00, 22:15
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- During these 2 hours and 15 minutes you should drink abundant brand liquid AQUARIUS.

You can buy GASTROGRAFIN at a pharmacy or in the center.

RECOMMENDED DIET

BREAKFAST

Boiled egg
Toast (Rusk) with butter
Fruit Juice without pulp
(filtered)
Coffee without milk
Infusions

FOOD

White rice with fried egg and without tomato
Grilled chicken
Fruit Juice without pulp (filtered)
1 Non-integral rusk
Coffee without milk
Infusions

FOOD

Spaghetti seasoned with butter
Grilled steak or fish
Fruit Juice without pulp
(filtered)
1 Non-integral rusk
Coffee without milk
Infusions

DINNER

Chicken soup with pasta
French omelette
Fruit Juice without pulp
(filtered)

DINNER

Rice soup
Grilled fish
Fruit Juice without pulp
(filtered)

Don't eat

Fruits, vegetables, legumes, potatoes, fish or meats in sauce, cold cuts, fats, fruits, cakes, whole wheat bread, milk, dairy products or carbonated drinks.

