

## INSTRUCTIONS FOR THE ONCO FULL BODY CHECK-UP

### Process

- At the agreed time you will have to 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 Urinalysis: Haematology, Anaemia Study, Control Renal, 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 ((in the case of men it is completed with a study vesico-prostatic).
  - Mammogram and breast ultrasound (in women)
  - Chest CT
  - Virtual colonoscopy
  - MRI of the skull
  - Chest MRI
  - MRI of the abdomen

### 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.