

3 days before the examination, you should eat a low-residue diet, the last intake being the meal of the day before the test (Diet on page 3).

### YOU NEED

#### MEDICATION:

- **PLEINVUE®** • C.N. 721059-7
- **Barigraf TAC** (2 dosis). Call to our center: 976 21 81 31

#### AND:

- A bottle that 500ml
- Measurer of 500 ml
- 1 liter of water

### 1) HOW TO TAKE BARIGRAF: Whether the test is in the morning or in the afternoon

The preparation should start taking two days before the test, repeating the same steps the two days before the test.

How to prepare the Barigraf:

- Add 250ml to the bottle and one sachet of Barigraf TAC. Shake vigorously.
- Wait around 1 minute and add the remaining 250ml, making a total of 500ml of liquid.

Here is a summary table:

Day1 (2 days before the test)		Day 2 (1 day before the test)		Día 3
Meal (14h)	Dinner (21h)	Meal (14h)	Dinner (21h)	
Prepare the 500 ml of Barigraf as indicated above.	Shake the bottle	Prepare the 500 ml of Barigraf as indicated above.	Shake the bottle	Day of the test
Shake the bottle	Take 250 ml of the remaining preparation.	Shake the bottle	Take 250 ml of the remaining preparation	
Take 250 ml of the preparation		Take 250 ml of the preparation		

**2) HOW TO TAK PLEINVUE:**

The preparation should be started the day before the test in two different doses.

Depending on the time of the test, it will be taken in one of the following ways:

		Test in the morning	Test in the afternoon
First dosis	When	19h day before the test	20h day before the test
	How	Dilute the sachet corresponding to Dose 1 in 500 ml of cold water.  Have a glass every 15-20 minutes.  After the last glass, you should drink at least ½ liter of clear liquids (water, infusions).	Dilute the sachet corresponding to Dose 1 in 500 ml of cold water.  Have a glass every 15-20 minutes.  After the last glass, you should drink at least ½ liter of clear liquids (water, infusions).
Second dosis	When	22h day before the test	8:30h day before the test
	When	Dilute the sachet corresponding to dose 2 (sachet A + sachet B) and dissolve the contents of the 2 sachets in 500ml of cold water.  Have a glass every 15-20 minutes.  After the last glass, you should drink at least ½ liter of clear liquids (water, infusions).	Dilute the sachet corresponding to dose 2 (sachet A + sachet B) and dissolve the contents of the 2 sachets in 500ml of cold water.  Have a glass every 15-20 minutes.  After the glass, you must drink at least ½ liter of clear liquids (water, infusions).

## RECOMMENDED LOW RESIDUE DIET

2 days before: you will follow a low-residue diet

### **You can take**

Rice, pasta, eggs, filtered broths (without vegetables), grilled, boiled or fried meat and fish, hard cheeses, biscuits, toasted bread or fiber-free biscuits, butter (small amount), honey, jam, jelly, liquids in plenty, filtered juices, coffee, tea, herbal teas and non-carbonated liquids.

### **Can't take**

Fruit, vegetables, salad, legumes, potatoes, meat and fish in sauce or stew, sausages, fats and cakes, chocolate, carbonated drinks, cereals, milk and derivatives.

### **Day before:**

Zero waste and liquid diet

Water, filtered broths, coffee, tea, infusions, strained fruit juices, drinks without bubbles.

### **Test day:**

If the test is in the morning, you should go on an empty stomach.

If the test is in the afternoon, the liquids indicated in the preparation of the Pleinvue will be taken in the morning.

– **If you are diabetic, you will follow the diabetes diet, choosing the foods indicated above.**