

Breakfast



Lunch



For everyone preparing for colon examination

Prep diet for colon examination
ENIMACLIN®

- Cleaning your intestine is important to help the doctor make an accurate diagnosis in colon examination (colonoscopy, CT, and enema X-ray).
- ENIMACLIN is a complete set of breakfast, lunch, snack and dinner for the day before colon examination.

Snack



Dinner



Menu and cooking method

Breakfast



Sea bream porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

Lunch



Japanese style hamburger Rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

Snack



JELLY MEAL®

Just open the cap and drink from the opening.

BISCO®

Just open the bag to eat.

Eat snack when you feel hungry before dinner.

Dinner



Corn potage

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

 Make sure to put the meal in a deep bowl and cover with plastic wrap if you heat in a microwave.

Breakfast



Lunch



For everyone preparing for colon examination

Prep diet for colon examination

ENIMACLIN® ECOLON

- Cleaning your intestine is important to help the doctor make an accurate diagnosis in colon examination (colonoscopy, CT).
- ENIMACLIN ECOLON is a complete set of breakfast, lunch and dinner for the day before colon examination.



Dinner

Menu and cooking method

Breakfast



Chicken and egg porridge

Put the unopened bag in boiling water for 5-7 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes 30 seconds at 500W;
2 minute 10 seconds at 600W.

Lunch



Simmered Japanese radish and potato with thick sauce of minced chicken and rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

Dinner



Stewed hamburger and rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

 **Make sure to put the meal in a deep bowl and cover with plastic wrap if you heat in a microwave.**

Breakfast



Lunch



For everyone preparing for colon examination

Prep diet for colon examination

ENIMACLIN® PO

- Cleaning your intestine is important to help the doctor make an accurate diagnosis in colon examination (colonoscopy, CT).
- ENIMACLIN PO is a complete set of breakfast, lunch and dinner for the day before colon examination.
- With excellent portability, you can bring lunch with you and eat on the go.



Dinner

Menu and cooking method

Breakfast



Chicken and egg porridge

Put the unopened bag in boiling water for 5-7 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes 30 seconds at 500W;
2 minute 10 seconds at 600W.

Lunch



2 packs of JELLY MEAL®

Just open the cap and drink from the opening.

BISCO®

Just open the bag to eat.

Dinner



Stewed hamburger and rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

 Make sure to put the meal in a deep bowl and cover with plastic wrap if you heat in a microwave.

For everyone preparing for colon examination

Prep diet for colon examination

ENIMACLIN® COLOMEAL

- Cleaning your intestine is important to help the doctor make an accurate diagnosis in colon examination (colonoscopy, CT).
- ENIMACLIN COLOMEAL is a complete set of lunch and dinner for the day before colon examination.



Lunch



Dinner

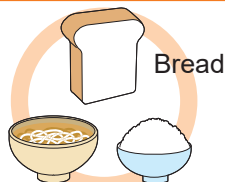
Menu and cooking method

Breakfast

Please have a regular meal.

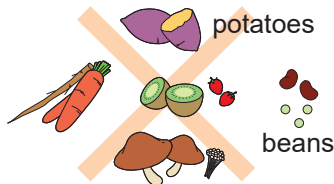
Please have foods that are as easy to digest as possible.

foods that you can eat



plain udon noodles, white rice

foods that you should avoid



fiber-rich vegetables,
fruits with seeds, mushrooms,
fatty foods

Lunch



Simmered Japanese radish and potato with thick sauce of minced chicken and rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

Dinner



Stewed hamburger and rice porridge

Put the unopened bag in boiling water for 3-5 minutes. Tear open the slit and serve on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

⚠ Make sure to put the meal in a deep bowl and cover with plastic wrap if you heat in a microwave.

For everyone preparing for colon examination

Prep diet for colon examination
ENIMACLIN® CS

- Cleaning your intestine is important to help the doctor make an accurate diagnosis in colon examination (colonoscopy, CT).
- ENIMACLIN CS is a complete set of lunch and dinner for the day before colon examination.
- With excellent portability, you can bring lunch with you and eat on the go.



Lunch



Dinner

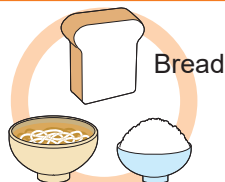
Menu and cooking method

Breakfast

Please have a regular meal.

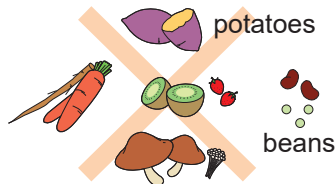
Please have foods that are as easy to digest as possible.

foods that you can eat



plain udon noodles, white rice

foods that you should avoid



fiber-rich vegetables,
fruits with seeds, mushrooms,
fatty foods

Lunch



2 packs of JELLY MEAL®

Just open the cap and drink
from the opening.

BISCO®

Just open the bag to eat.

Dinner



**Stewed hamburger and
rice porridge**

Put the unopened bag in
boiling water for 3-5 minutes.
Tear open the slit and serve
on a plate or bowl to eat.

In microwave:
about 2 minutes at 500W;
1 minute 40 seconds at 600W.

⚠ Make sure to put the meal in a deep bowl and cover with plastic wrap if you heat in a microwave.